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Nuts

Lucy Pinder!

AWESOME NEW PICS!

+ It's Sam Faiers!

Lucy Pinder!

The sun is blazing, and she's amazing!

"Strewth! I've swallowed my glass! What a flaming galah!"

+ Shane Warne Goes Mental!

"What's Doctor Who's favourite food? Dalek bread!"
JOHN BISHOP!

30 Cracking NEW Gags!

Plus! Revealed: The *NEW* iPhone!

JAMES FRANCO VANESSA HUDGENS SELENA GOMEZ ASHLEY BENSON RACHEL KORINE

SPRING BREAKERS

★★★★
THE GUARDIAN

★★★★
TOTAL FILM

★★★★
EMPIRE

★★★★
THE SUN

"SLICK, SULTRY & STYLISH...
COOLEST FILM OF THE YEAR"
MARK ADAMS, SUNDAY MIRROR

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THIS WEEK IN Nuts!

Nuts
Lucy Pinder!
AWESOME NEW PICS!
It's Sam Faiers!
Lucy Pinder!
Shane

Nuts NEWS

4 ***TOWIE*'s Sam Faiers and Ferne McCann hit Ibiza!**
6 Walrus naps on Russian sub
8 **Gareth Bale funnies**
10 A quick word with *The Lone Ranger* star Johnny Depp
11 **Home maggot farm!**
12 200mph American supercar
14 **Two-balloon tightrope!**
16 *Diablo III* first play!
17 ***Transformers 4* first look!**
18 Budget iPhone leaks!
20 **Rude News**

P12!

Nuts REGULARS

22 Don't Look!
23 **Sex Advice From A Fit Lesbian**
82 Pub Ammo

YOUR Nuts

24 **Camera Phone Comedy**
25 Letters
26 **Jokes**

FEATURES

28 Joey Fisher!
34 **James Franco**
36 30 new summer gags!
38 **Photo-journalist's escape from Syria**
40 Lucy Pinder

Nuts STUFF

50 **TV Guide**
54 Reviews
56 **Fashion**
59 *Nuts* Gear

Nuts REAL GIRLS

60 **Bedroom Babes**
63 Our Postbag
64 **Ten Rude Questions**
67 Ladies Confess

Nuts SPORT

68 **Community Shield preview**
70 Greg Rutherford's World Athletics Championships guide!
72 **Kammy's column**
73 Shane Warne loses it
75 **Who Are Ya?**
76 Ring Of Truth!
77 **Quote Me On That!**

PHOTOS: COVER: REX FEATURES, MAGICMOMENTSUK

This week in the Nuts office!

Costa bring us drinks and funny glasses!

Nuts man Sam joins Lucy Pinder on our cover shoot!

Homebase's new garden statue range won many admirers

GIRLS! P40

EXCLUSIVE!

TOWIE's Sam & Ferne hit Ibiza!

Essex girls orange up the White Isle!

NOW, WE always thought that the resort of Marbella on the Spanish mainland had signed some kind of unilateral agreement with the county of Essex, whereby they sent all their fit and bronzed peoples over there to quaff Lambrini and get, well, even more bronzed.

So quite what Sam Faiers and best bud Ferne McCann are doing on the isle of Ibiza is beyond us. And surely contrary to some medieval byelaw. But they're sexy dancing, applying sun cream to each other's chests and doing actual snogging, so we won't tell if you don't!

"Erm, you're a bit hairy back here, petal!"

PHOTOS: MAGICMOMENTSUK WORDS: RORY BUCKERIDGE

THEY'RE THE *TOWIE* BFFs!

Catch more of Ferne and Sam in the next series of *TOWIE*, starting in the autumn.

"Don't tell anyone, but I just done a widdle!"

"Is that you, Bieber?"

"Yup, it's a bit of Cornetto. Don't worry, no one noticed!"

"Mmm... Cornetto..."

"Having a great time. The view's lovely!"

Walrus on a sub!

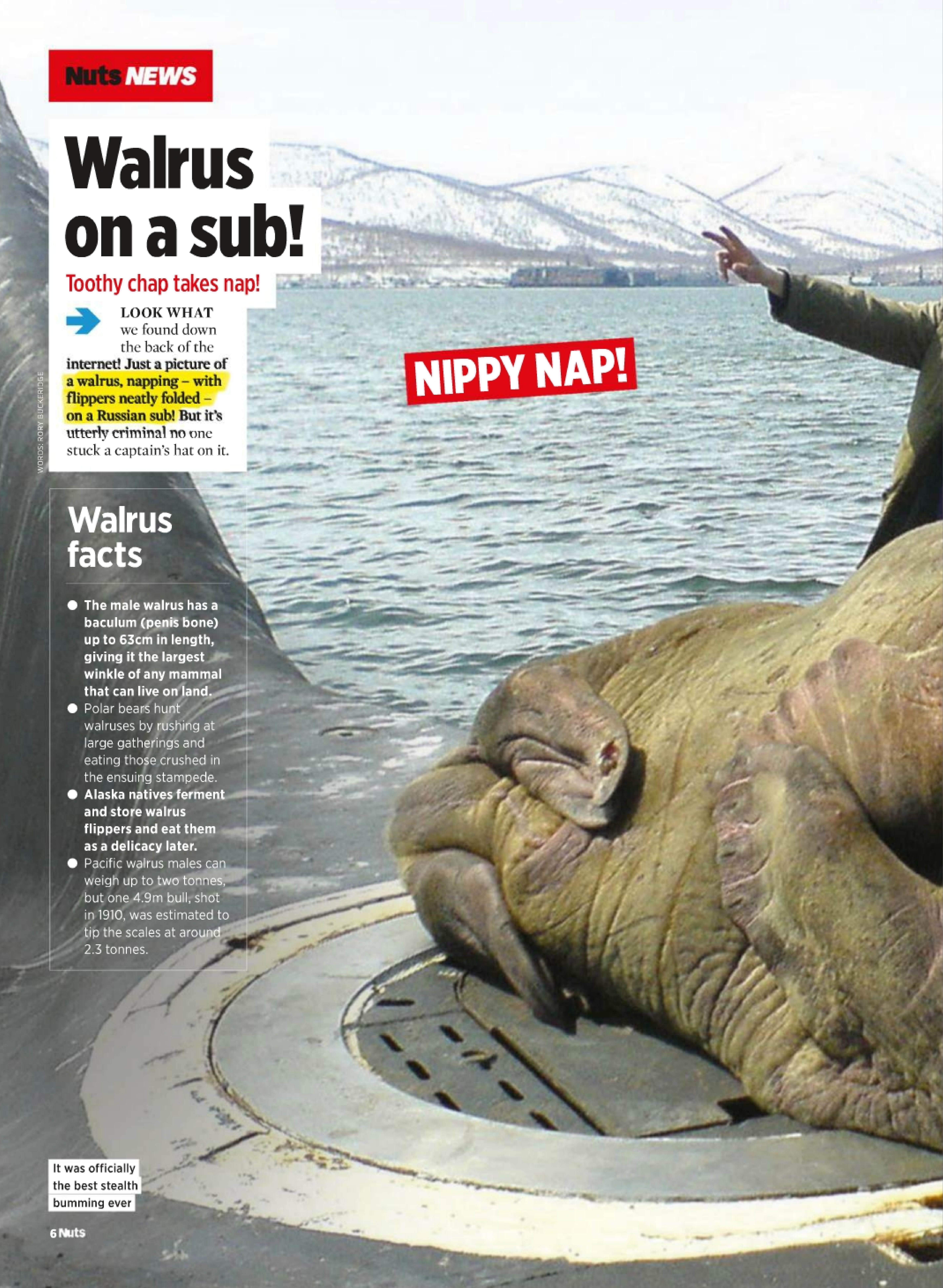
Toothy chap takes nap!

WORDS: RORY BUCKERIDGE

LOOK WHAT we found down the back of the **internet! Just a picture of a walrus, napping – with flippers neatly folded – on a Russian sub! But it's** utterly criminal no one stuck a captain's hat on it.

Walrus facts

- **The male walrus has a baculum (penis bone) up to 63cm in length, giving it the largest winkle of any mammal that can live on land.**
- Polar bears hunt walruses by rushing at large gatherings and eating those crushed in the ensuing stampede.
- **Alaska natives ferment and store walrus flippers and eat them as a delicacy later.**
- Pacific walrus males can weigh up to two tonnes, but one 4.9m bull, shot in 1910, was estimated to tip the scales at around 2.3 tonnes.



It was officially the best stealth bumming ever

Gareth Bale funnies!

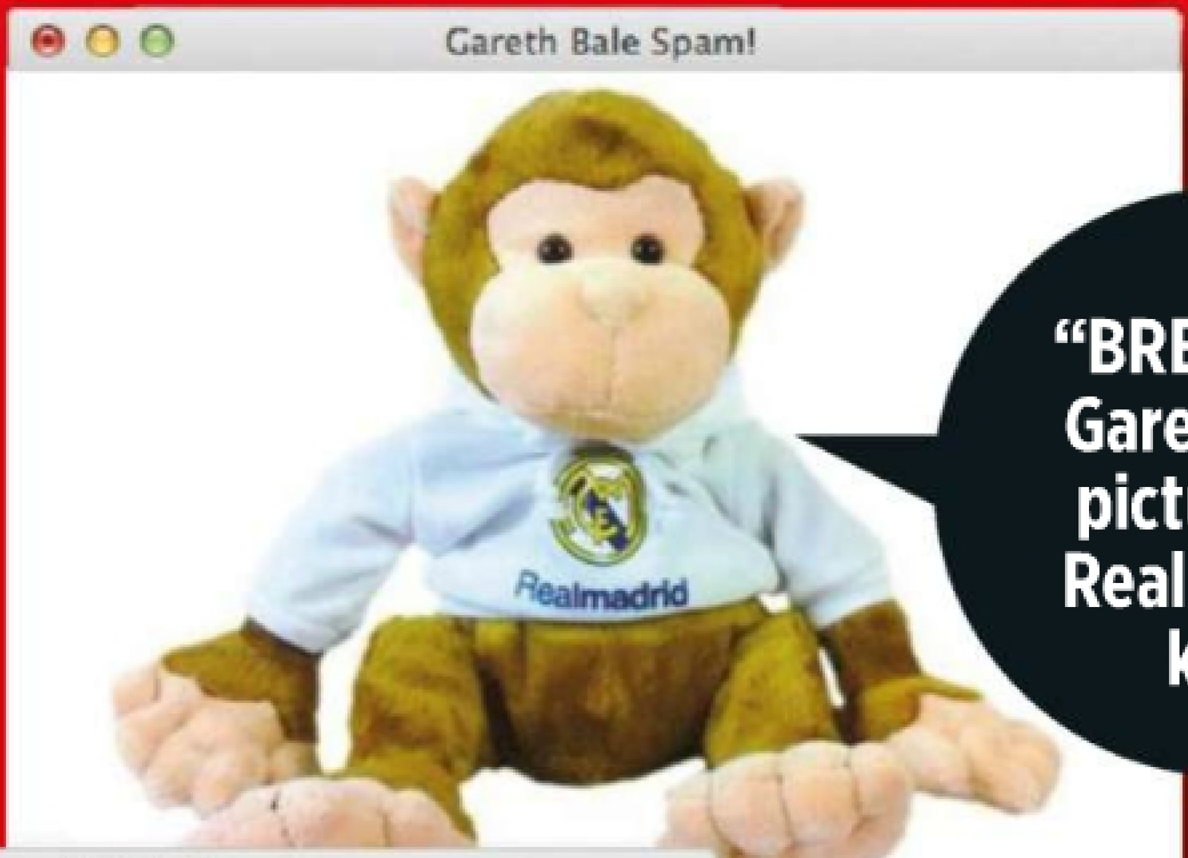
Funnies regarding the transfer saga of the summer!

WORDS: RORY BUCKERIDGE PHOTO: WENN

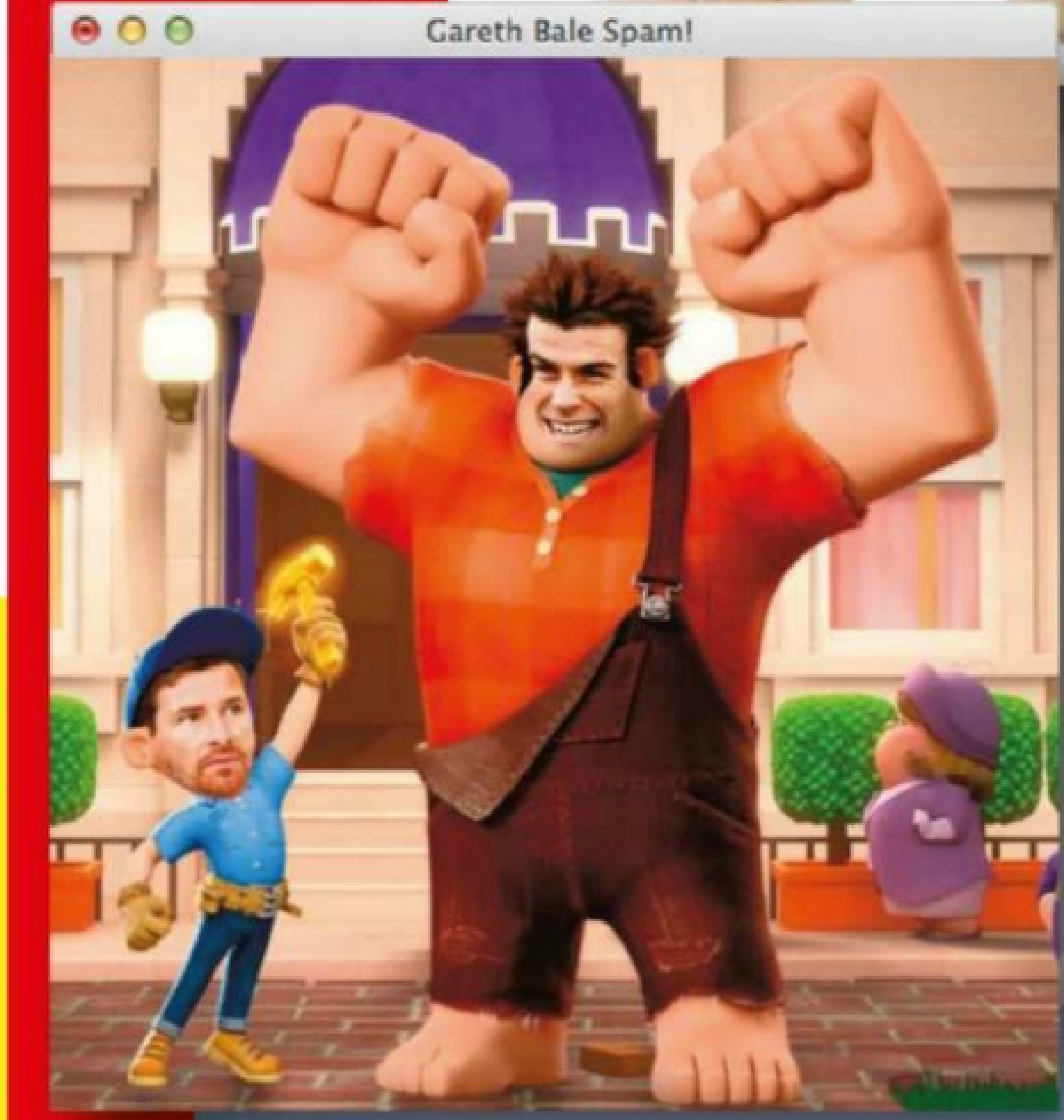
MOST SUMMERS, it's Arsenal who are the subject of transfer gags, thanks to their habit of selling on their captain. But this year, it's Spurs who are the butt of football gaggery, as their best player flirts with a move to Spain. Thusly...

REAL DEAL FOR BALE!

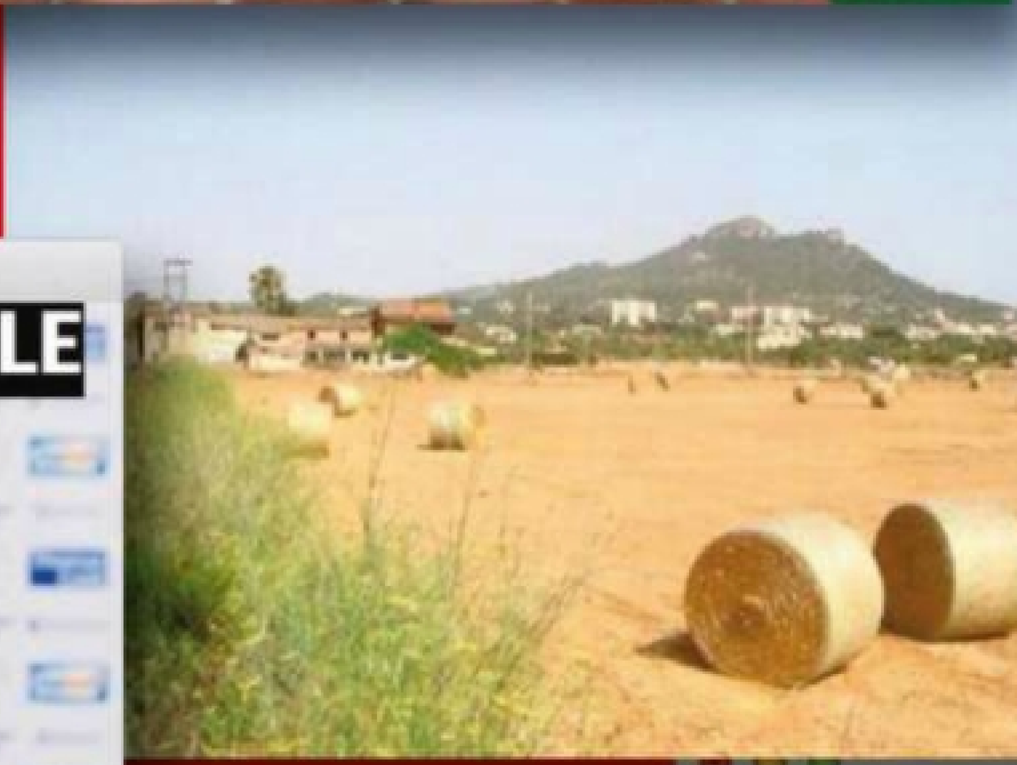
Bales's been at Spurs for six years, but now looks set for a £100m move to Spanish giants Real Madrid.


Gareth Bale Spam!
Realmadrid

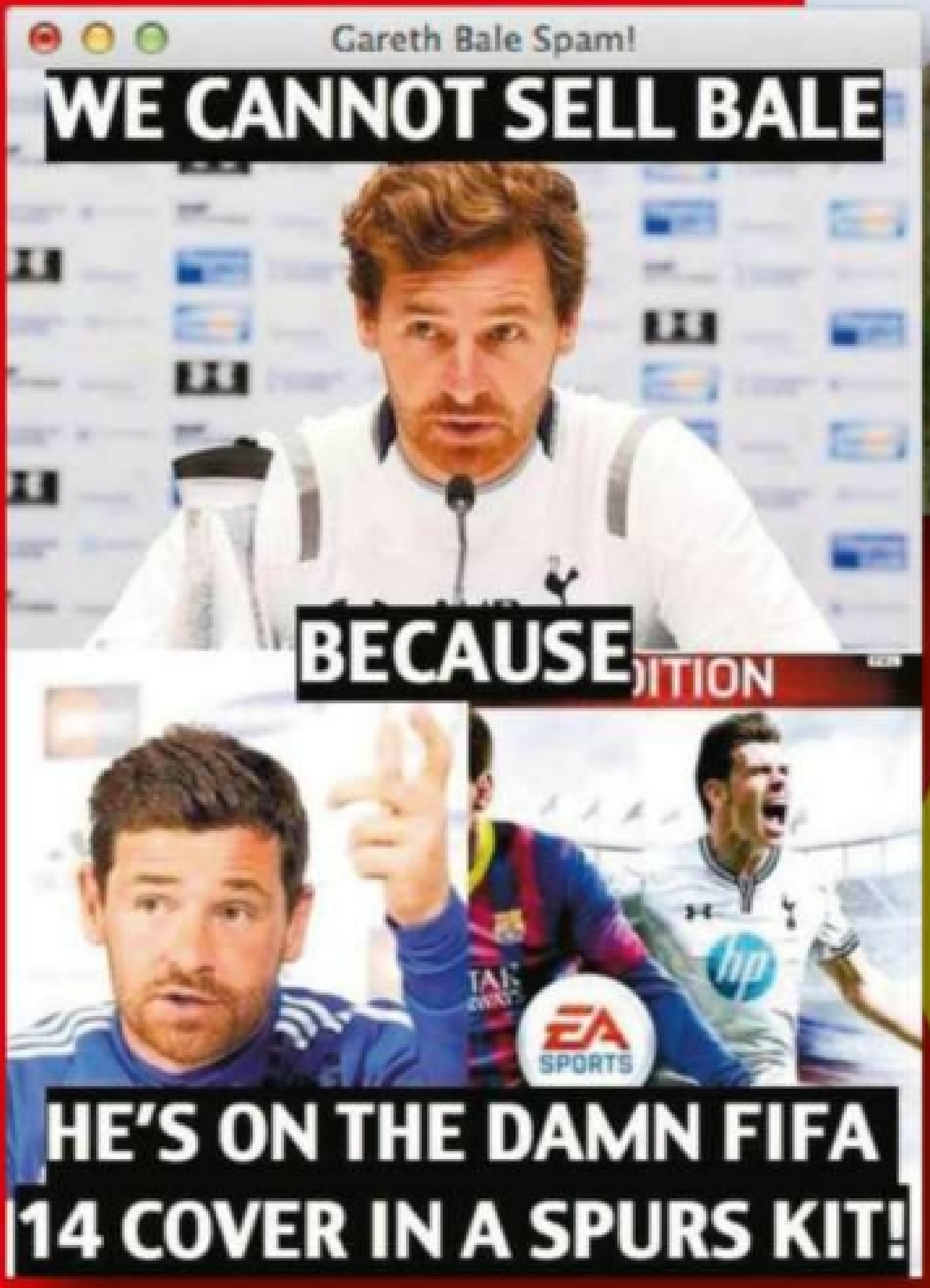
"BREAKING! Gareth Bale pictured in Real Madrid kit!"


Gareth Bale Spam!

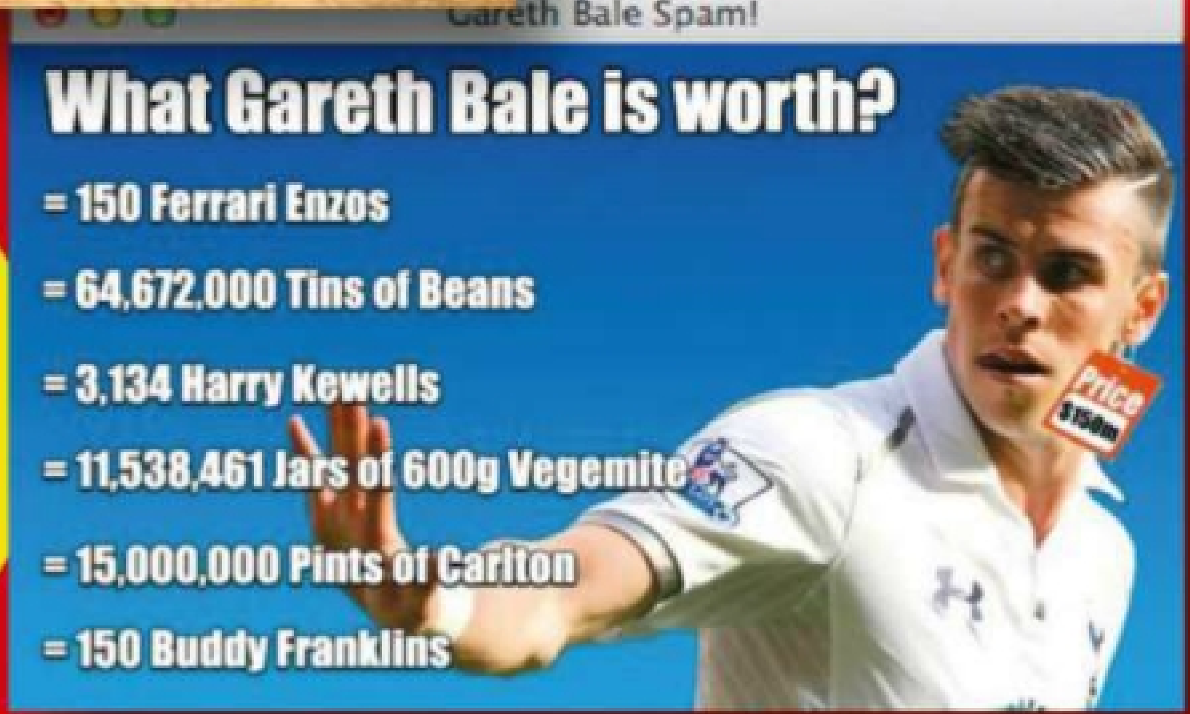
Gareth Bale Spam!



"BREAKING NEWS: Bale has been spotted in Spain!"
@FootyHumour


Gareth Bale Spam!
WE CANNOT SELL BALE
BECAUSE
HE'S ON THE DAMN FIFA 14 COVER IN A SPURS KIT!
EA SPORTS

"The long-running saga of Gareth Bale's journey from Spurs to Real Madrid is to be made into a film saga by Peter Jackson!"
@TheDailyMash


Gareth Bale Spam!
Price $150m

What Gareth Bale is worth?

= 150 Ferrari Enzos
= 64,672,000 Tins of Beans
= 3,134 Harry Kewells
= 11,538,461 Jars of 600g Vegemite
= 15,000,000 Pints of Carlton
= 150 Buddy Franklins

Gareth Bale Spam!

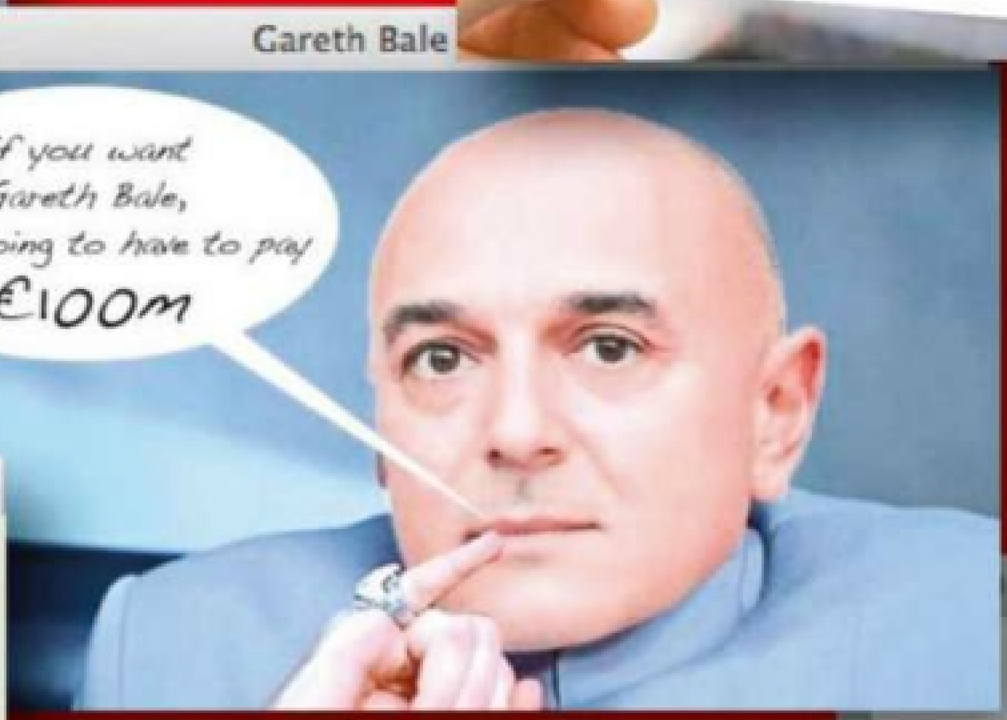
Gareth Bale Spam!

"Gareth Bale has a tricky decision to make. Have a banana or go on the tyre swing?"
@sickipediabot

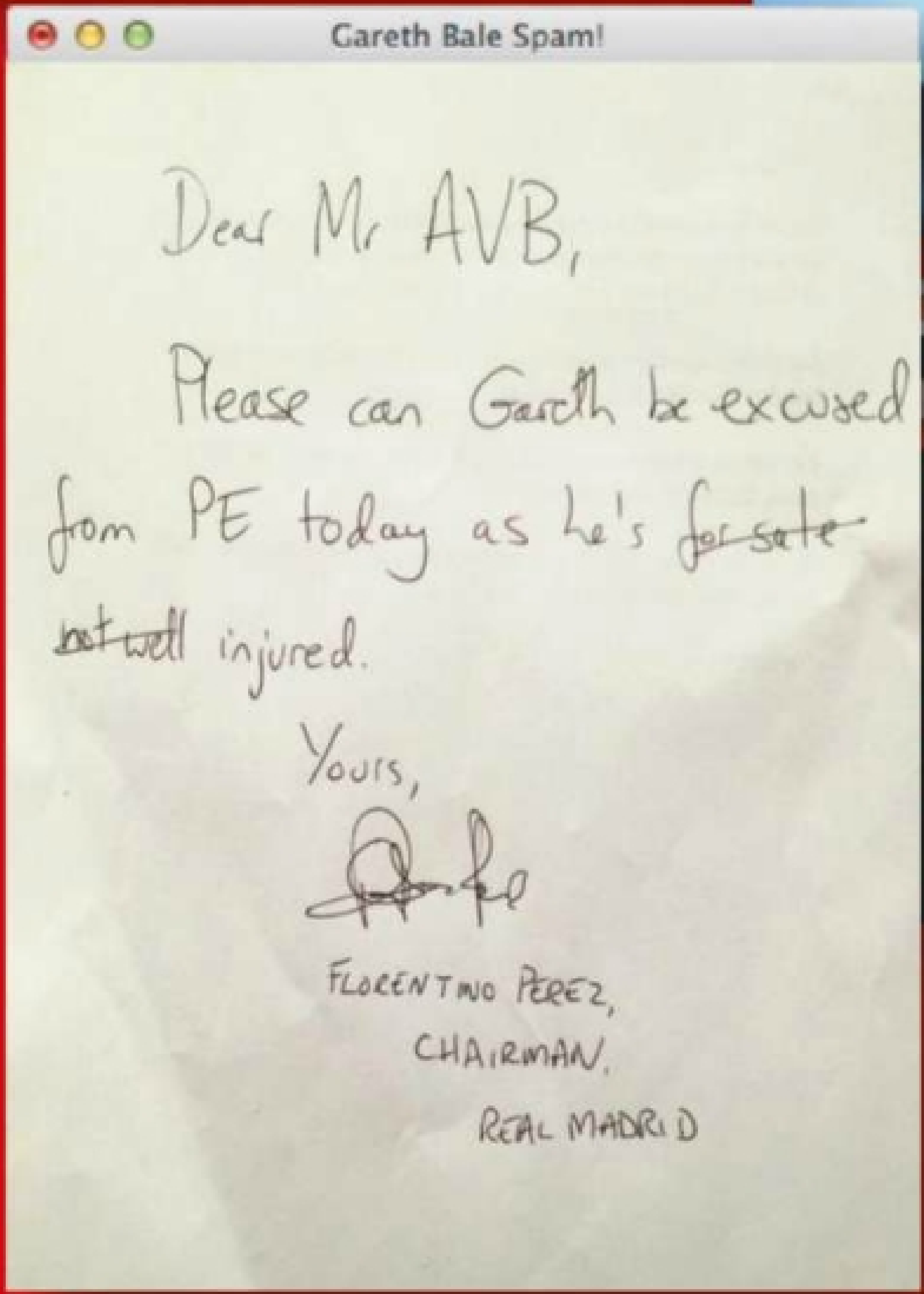
le Spam!
£85,000,001

Gareth Bale Spam!

"BREAKING NEWS: Gareth Bale has agreed personal terms with Real Madrid!"
@FootyHumour


Gareth Bale
If you want Gareth Bale, you're going to have to pay €100m

"Gareth Bale, the most expensive thing to come out of Wales since Ryan Giggs' child support payments!"
@MarioBaLOLtelli

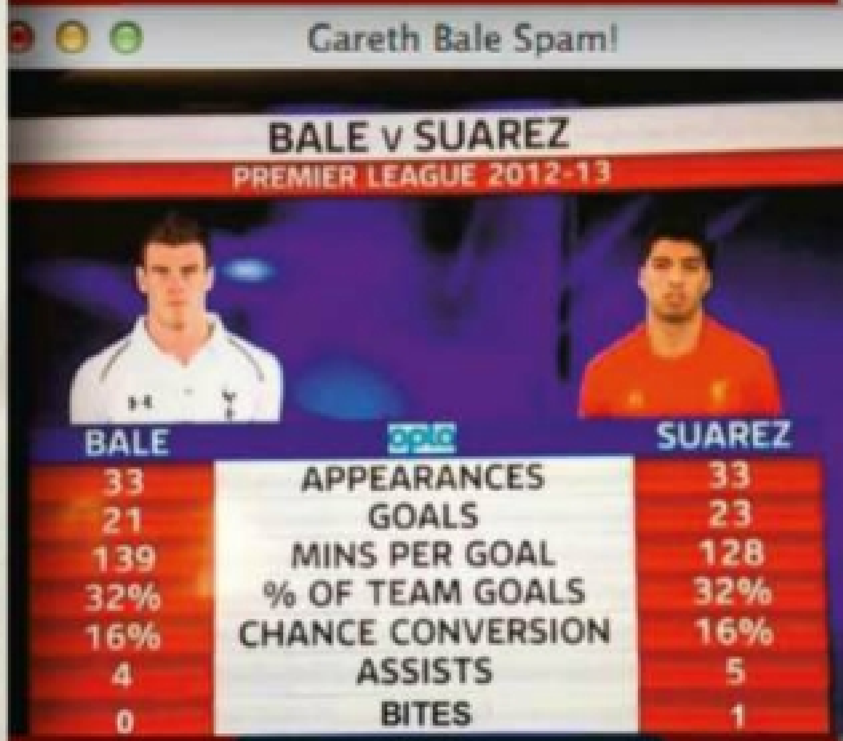

Gareth Bale Spam!

Dear Mr AVB,

Please can Gareth be excused from PE today as he's ~~for sale~~ ~~not well~~ injured.

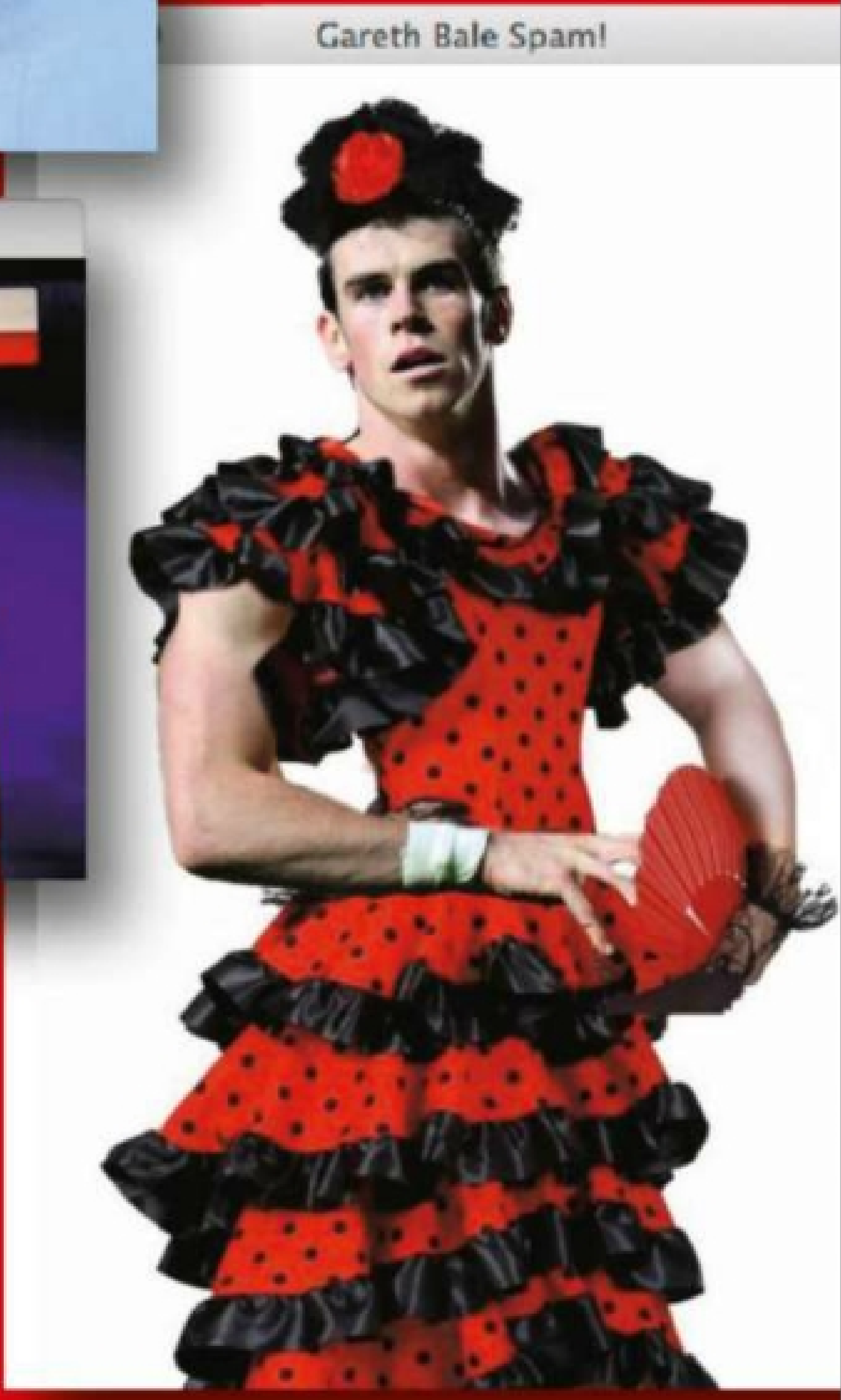
Yours,

FLORENTINO PEREZ,
CHAIRMAN,
REAL MADRID


Gareth Bale Spam!

BALE v SUAREZ
PREMIER LEAGUE 2012-13

BALE		SUAREZ
33	APPEARANCES	33
21	GOALS	23
139	MINS PER GOAL	128
32%	% OF TEAM GOALS	32%
16%	CHANCE CONVERSION	16%
4	ASSISTS	5
0	BITES	1


Gareth Bale Spam!

"Gareth Bale was all set to join Man United until Ryan Giggs scared him off with this text: 'Join United pal, I will treat you like family ;)'"
@BigJohnTerry 21h

@DAVIDSCHNEIDER

A quick word with Johnny Depp!

The actor on fake noses and VIP treatment!

Hi Johnny! You play Tonto in your new film, *The Lone Ranger*. After all your success, do you just basically dream up wacky characters and tell the film companies what their next movie is?
When we made the first *Pirates Of The Caribbean* film, they were so close to firing me they could taste it. They couldn't get a handle on what I was doing and wanted to put subtitles on screen because they were afraid the audience wouldn't understand me.

So did you dream up the character Tonto from playing cowboys and Indians when you were a kid?
Images of the character just come to me and I try and piece them together, so Tonto for me was the vision of a warrior with black and white stripes down his face. It looked as if he were dissected. There was the tragic damaged youth, the great fighter and the eccentric. You know what I'm saying?

Erm. Not really, if we're perfectly honest! Did making a cowboys and Indians film made you feel a bit like a ten-year-old again?
I don't think I'd developed a taste for acting yet. Not sure I ever will. I've had worse jobs, a lot worse. When I was a little kid, I was told my family had some Native American blood in us. I always found that a point of pride so when it came to cowboys and Indians, I certainly didn't want to be John Wayne.

Did you have a special "Hollywood" training regime for the movie?
Nobody had gym memberships back then. In the Wild West, you got muscular doing work, so we had cowboy camp – taking saddles on and off horses, cracking bullwhips, throwing lassos. I had to be fit because any film with Gore Verbinski will require a lot of physical activity. Plus, I'm old! Before things go completely south, you want to maintain some sense of physical vitality. You don't want to weep every morning when you wake up. Tonto had to be taken seriously as a warrior, so I couldn't wander in looking like some skinny, junkie-looking guy.

You were a producer on *The Lone Ranger*. Did you get the biggest Winnebago and VIP treatment?
I got in the queue for lunch before everybody else. And I got a trailer. And a chair with my name on it! "Executive Producer" was a nice title to be given. But basically, I didn't do anything.

Do you find it difficult putting your wacky characters down?
That's probably the most dangerous part of the job. They're all still there, inside my head in some chest of drawers. They're a part of me now. Hunter Thompson shows up all the time and Jack Sparrow always arrives most unexpectedly. But Marlon Brando told me once, "Try not to do too many films, because we only have so many faces in our pockets."

So are you thinking of knocking the acting on the head?
Are there quieter things that I wouldn't mind doing? Yeah, I wouldn't mind that. I wouldn't say I'm dropping out any second, but I would say it's probably not too far away.

Do you ever feel like the Lone Ranger of Hollywood? Do you ever get the urge to wear a mask and go places without being recognised?
I've worn ridiculous things in order to go out in public every now and then. You know, you

INTERVIEW: DAN BRIGHTMORE

"Come on, out with it – did I forget our anniversary again?"

"I told you we should have stopped mixing the concrete earlier"

glue on a fake nose and a ZZ Top beard, bandana over your head kind of deal.

If we were going to wear a bird on our head, what bird advice would you give?
I always recommend a crow. Go full crow. Crows are wise, and they're also the jokesters.

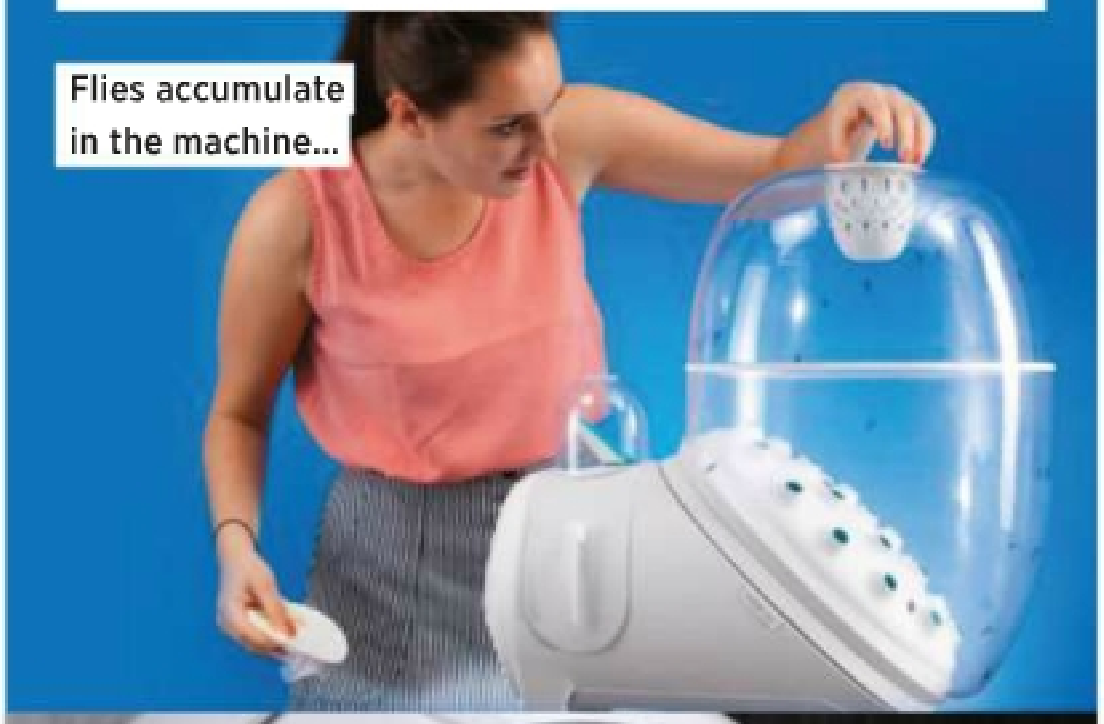
Did your crow have a name?
My crow? Just "crow".

- *The Lone Ranger* is in cinemas from 9 August.

Home maggot factory!

Larvae on toast, anyone?

SCIENTISTS RECKON that in a decade there'll be a global protein shortage, so every home could soon have one of these. Called the Farm 432, it's essentially a delicious maggot factory. Flies buzz around the dome, get jiggy, drop their eggs in the tray, and maggots eventually crawl out into a collector, ready to be cooked and served with rice, on toast, or just as a quick snack. And it looks like Apple could have designed it. The iFly has kind of a ring to it.



Flies accumulate in the machine...

...which can harvest around half a kilo of larvae a week...

...an amount good for two "delicious" meals

Gorgeous Yank supercar!

Under 900kg… 0 to 62 inside three secs… Meet the Lucra Roadster!

- **This amazing-looking beast is the Lucra 2.2 Roadster. Let us tell you its story. If you watched *Fast & Furious 6*, you might remember seeing something low, retro and green/yellow called a Lucra. No? Consider yourself forgiven if not, because some 400 cars were built, blatted and broken in the name of Hollywood entertainment.**
- Among the muscle cars, classic Ford Escorts and Skylines in the film, a topless speedster called a Lucra LC470 became the weapon of choice for Tej Parker, played by rapper Ludacris.
- **Lucra is a small, California-based sports car company that builds its bare-bones car bodies from carbon fibre, then stuff either Corvette or Merc AMG V8s under the bonnet. While the LC470 blatantly draws inspiration from vintage Jag race cars, Porsche 356s and AC Shelby Cobras, these are the leaked images of their latest yet-to-be-launched “2.2”.**
- One glance at the side profile and you can see how low and long it is. That sprawling, bulged bonnet harks back to the Chevy Corvettes of the 1970s, while the front end plucks facial features from Ferraris.
- **The front bodywork rises up over the wheel arches, where the LED-lined vertical headlights are mounted. A shallow radiator grille boasts hexagonal cut-outs in the mesh, with spotlights at either end. A moustache-shaped carbon fibre chin spoiler no doubt helps air pass through the Wilwood six-piston braking system.**
- The party piece has to be that rack of four exhausts poking out of the front wings. One pipe for every piston means the Lucra will undoubtedly use V8 power.
- **Just like the LC470, the 2.2 will have a carbon fibre body lowered over a tubular metal chassis. Customers will also be able to decide whether they’d like the beating heart of a German or Yank V8. The AMG is a 6.2 with optional supercharger, while the American V8 options come in a 6.3 LS3 or 7.0-litre LS7 flavours. So expect 62mph to pass in under three seconds to an estimated top end of 200mph plus.**
- And then there’s the choice between a Merc seven-speed paddle shift gearbox, or a classic, five-speed Tremec manual. The car’s yours for £140k, we reckon.

WORDS: JONNY SMITH

Handily, designers had included storage space for four bananas

Car had just eaten a lemon

100 FEET UP!

"I said, 'Wait till I say go!'"

Two-balloon tightrope!

Man doubles danger stakes! What could possibly go wrong?

THERE'S SHOWING off, and there's *showing off.* **This is the second kind – Chinese daredevil Aisikaier Wubulikasimu, tackling a 5cm-wide, 18 metre-long girder, fixed between two** hot air balloons, around 100ft in the air in Shilin, Yunnan Province. The next logical step is attempting this with a mouthful of bees while being set on fire. Aisikaier, it's over to you...

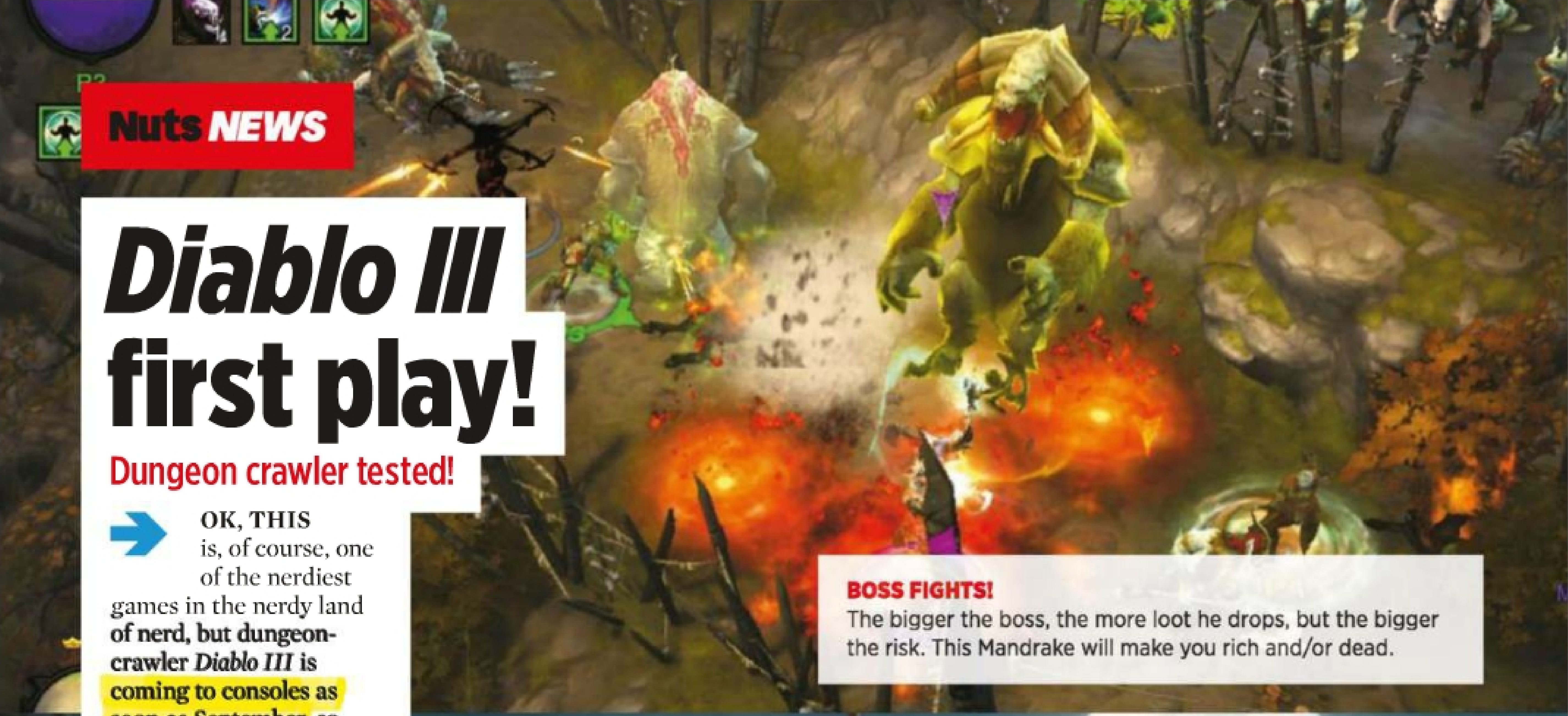
WORDS: RORY BUCKERIDGE
PHOTOS: REX FEATURES, IMAGINECHINA

"This is the worst game of piggy-in-the-middle ever!"

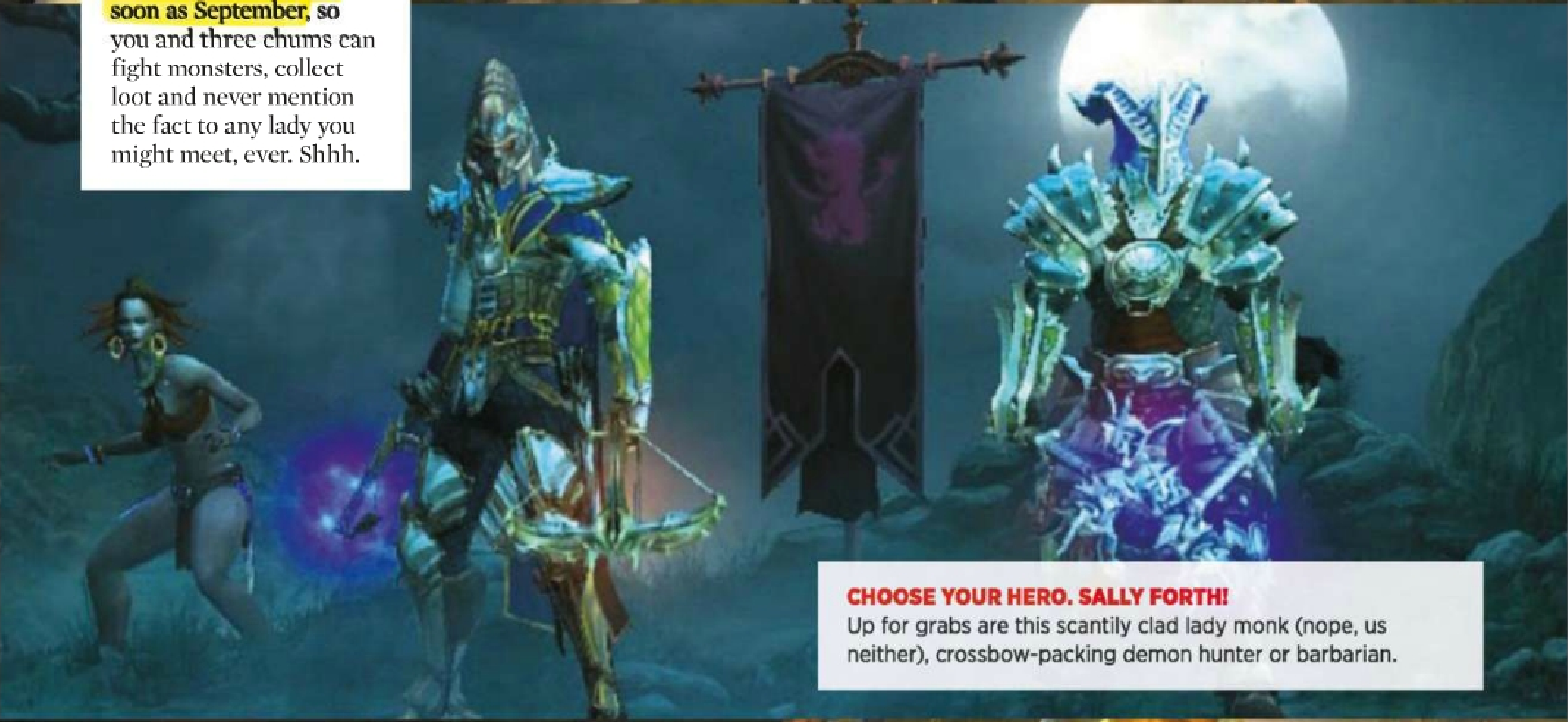
Diablo III first play!

Dungeon crawler tested!

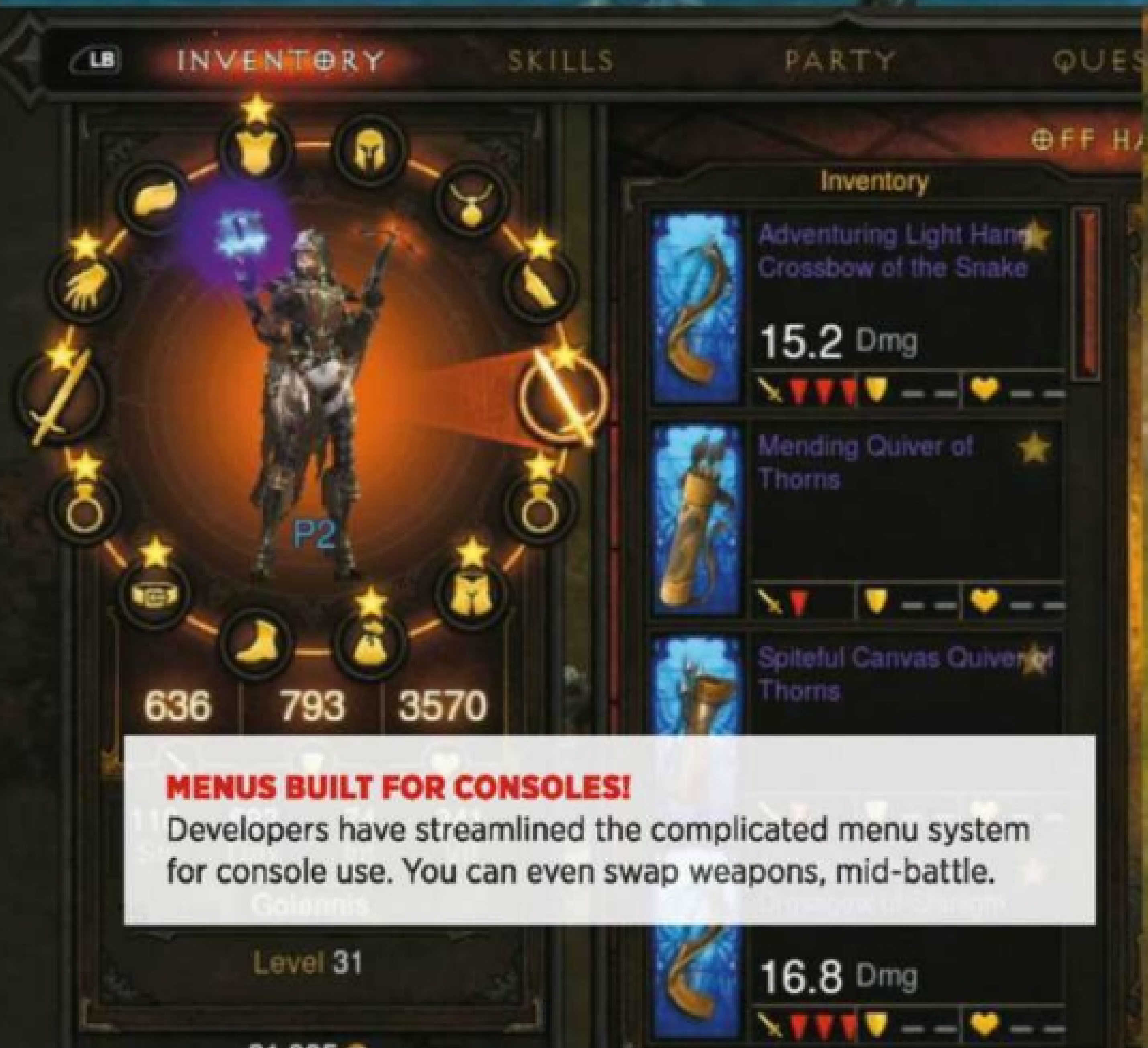
OK, THIS is, of course, one of the nerdiest games in the nerdy land **of nerd, but dungeon-crawler *Diablo III* is coming to consoles as soon as September, so** you and three chums can fight monsters, collect loot and never mention the fact to any lady you might meet, ever. Shhh.



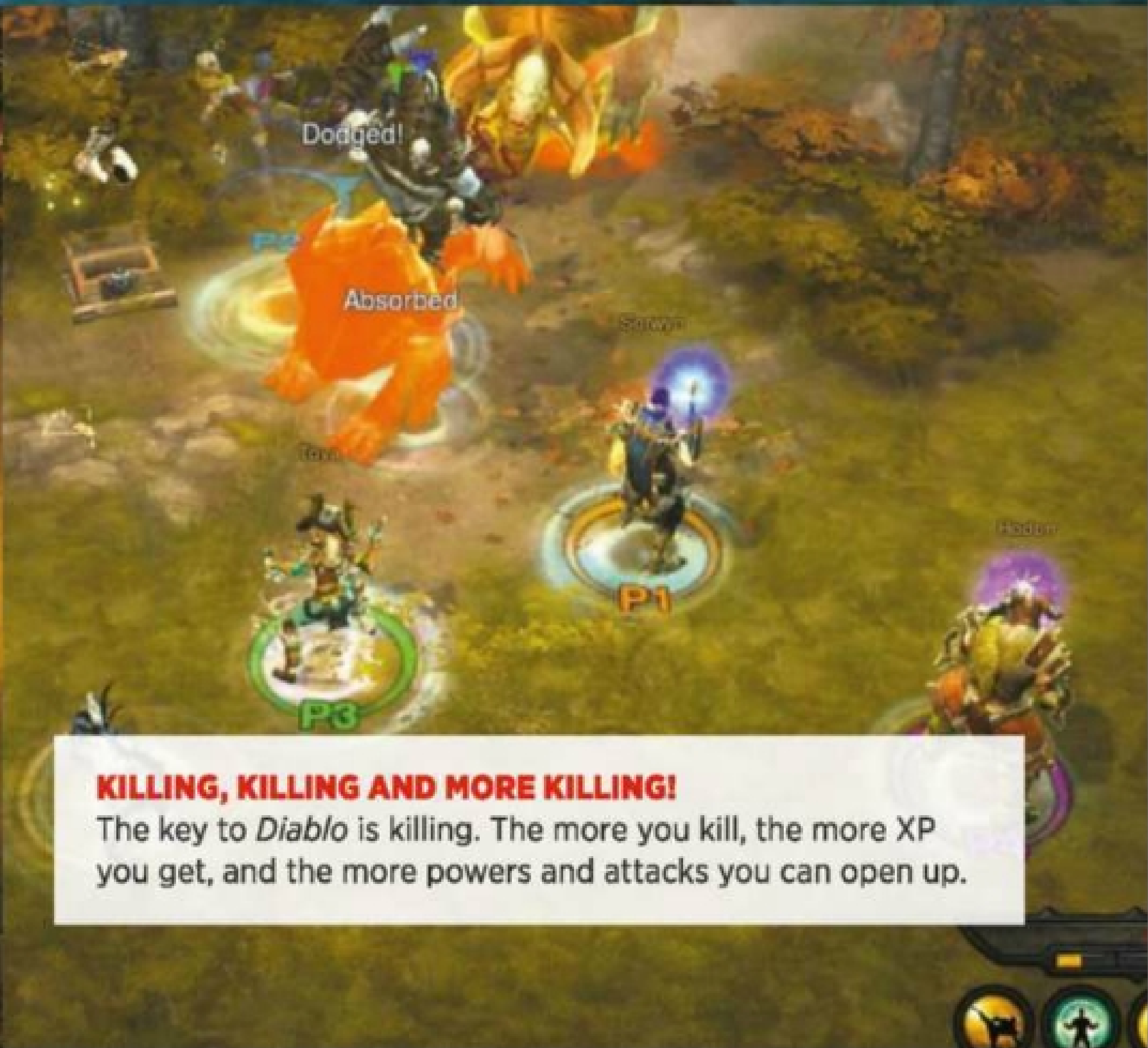
BOSS FIGHTS!
The bigger the boss, the more loot he drops, but the bigger the risk. This Mandrake will make you rich and/or dead.



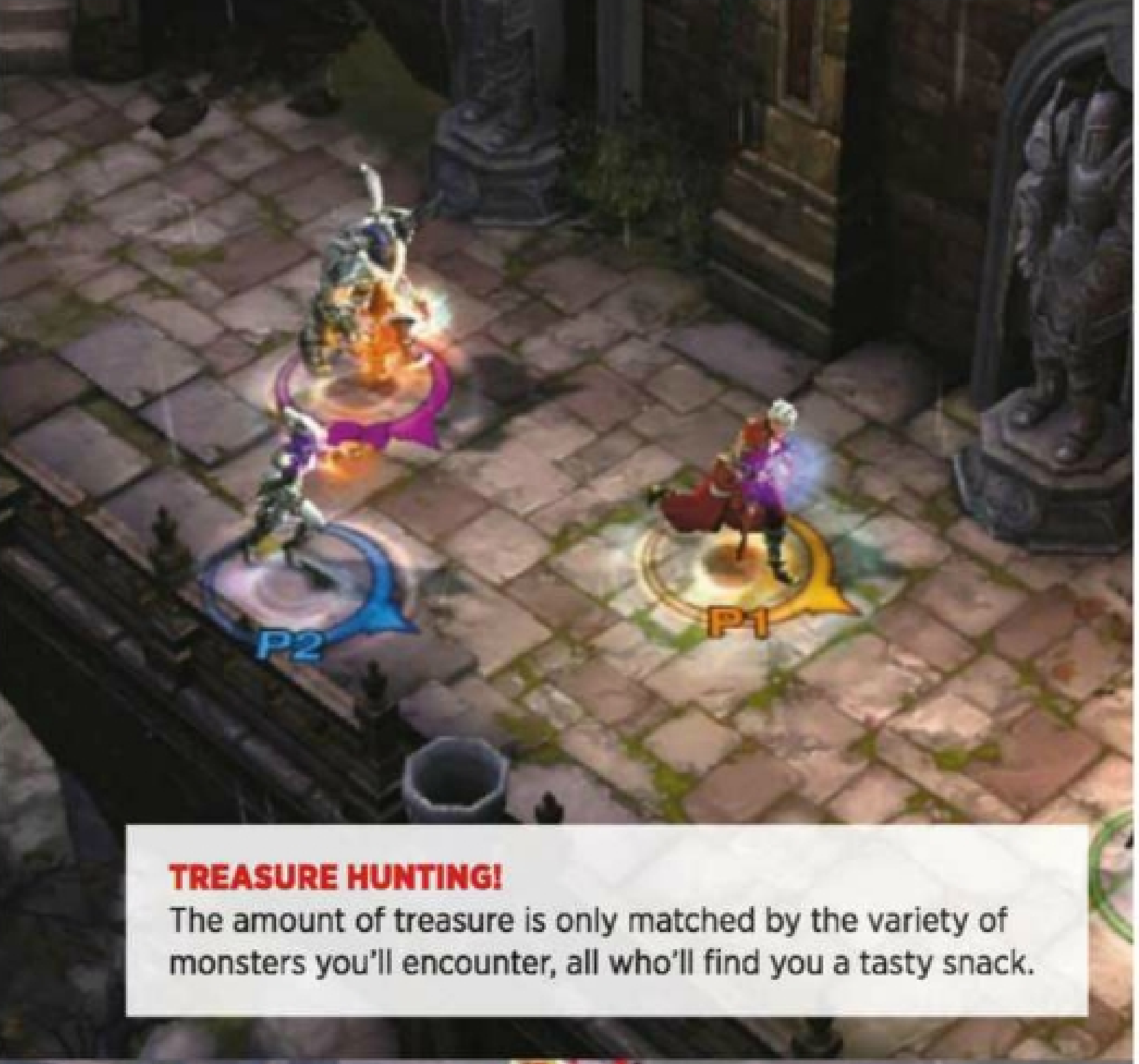
CHOOSE YOUR HERO. SALLY FORTH!
Up for grabs are this scantily clad lady monk (nope, us neither), crossbow-packing demon hunter or barbarian.


LB
INVENTORY
SKILLS
PARTY
QUES
OFF HA
Inventory
Adventuring Light Han
Crossbow of the Snake
15.2 Dmg
Mending Quiver of Thorns
Spiteful Canvas Quiver of Thorns
16.8 Dmg
P2
636
793
3570
Level 31

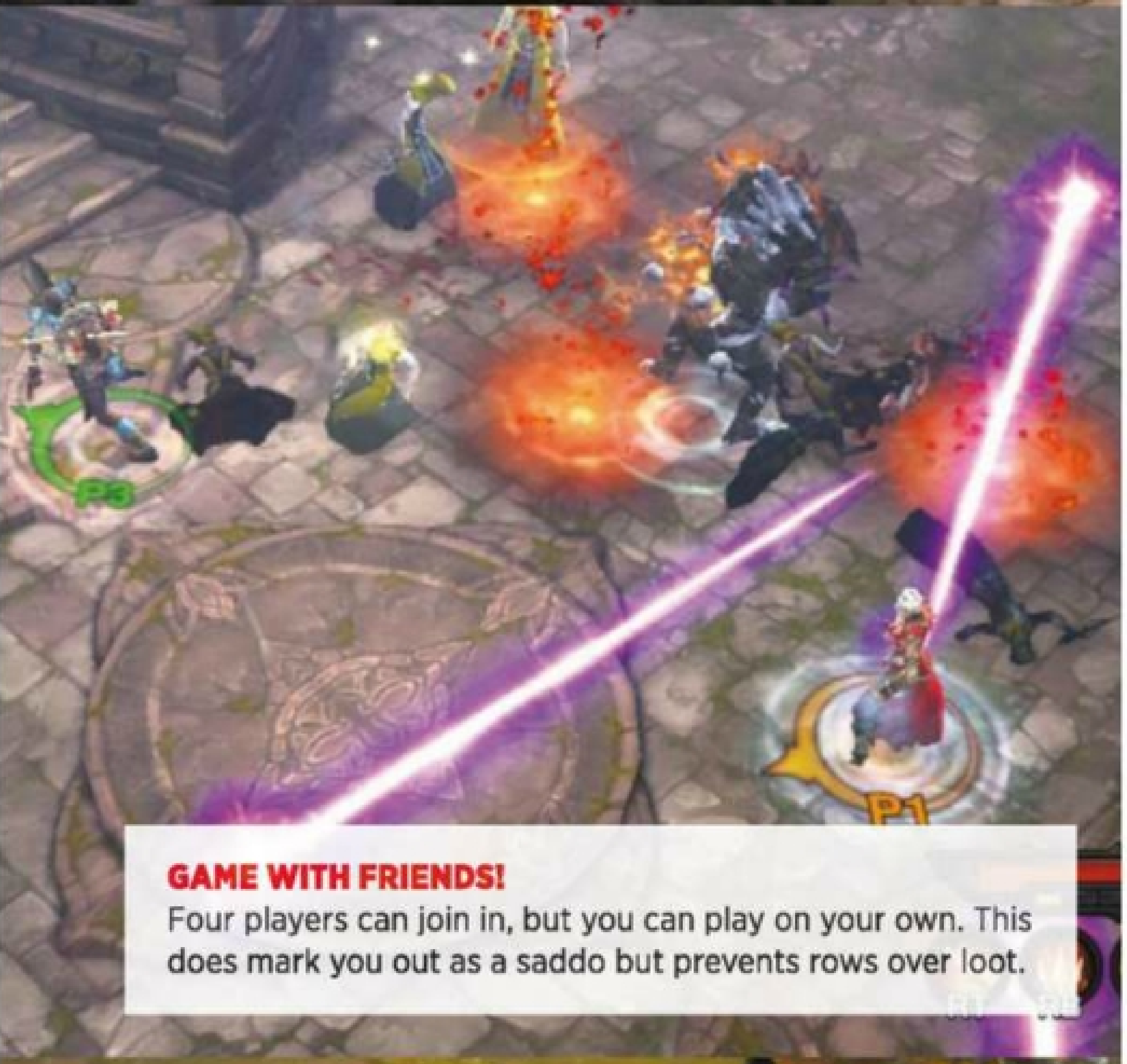
MENUS BUILT FOR CONSOLES!
Developers have streamlined the complicated menu system for console use. You can even swap weapons, mid-battle.


Dodged!
Absorbed
P1
P3

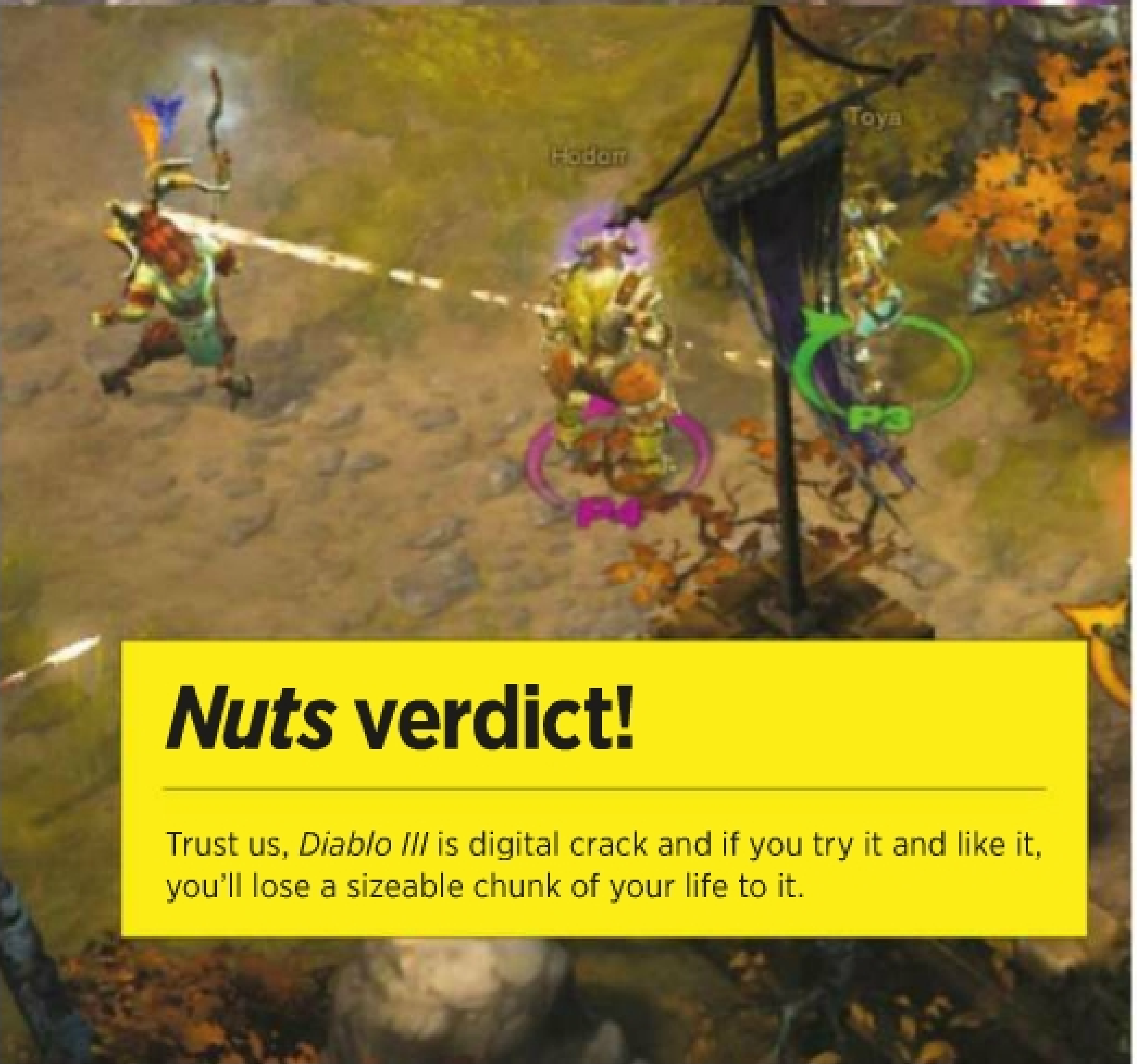
KILLING, KILLING AND MORE KILLING!
The key to *Diablo* is killing. The more you kill, the more XP you get, and the more powers and attacks you can open up.



TREASURE HUNTING!
The amount of treasure is only matched by the variety of monsters you'll encounter, all who'll find you a tasty snack.



GAME WITH FRIENDS!
Four players can join in, but you can play on your own. This does mark you out as a saddo but prevents rows over loot.



Nuts verdict!

Trust us, *Diablo III* is digital crack and if you try it and like it, you'll lose a sizeable chunk of your life to it.

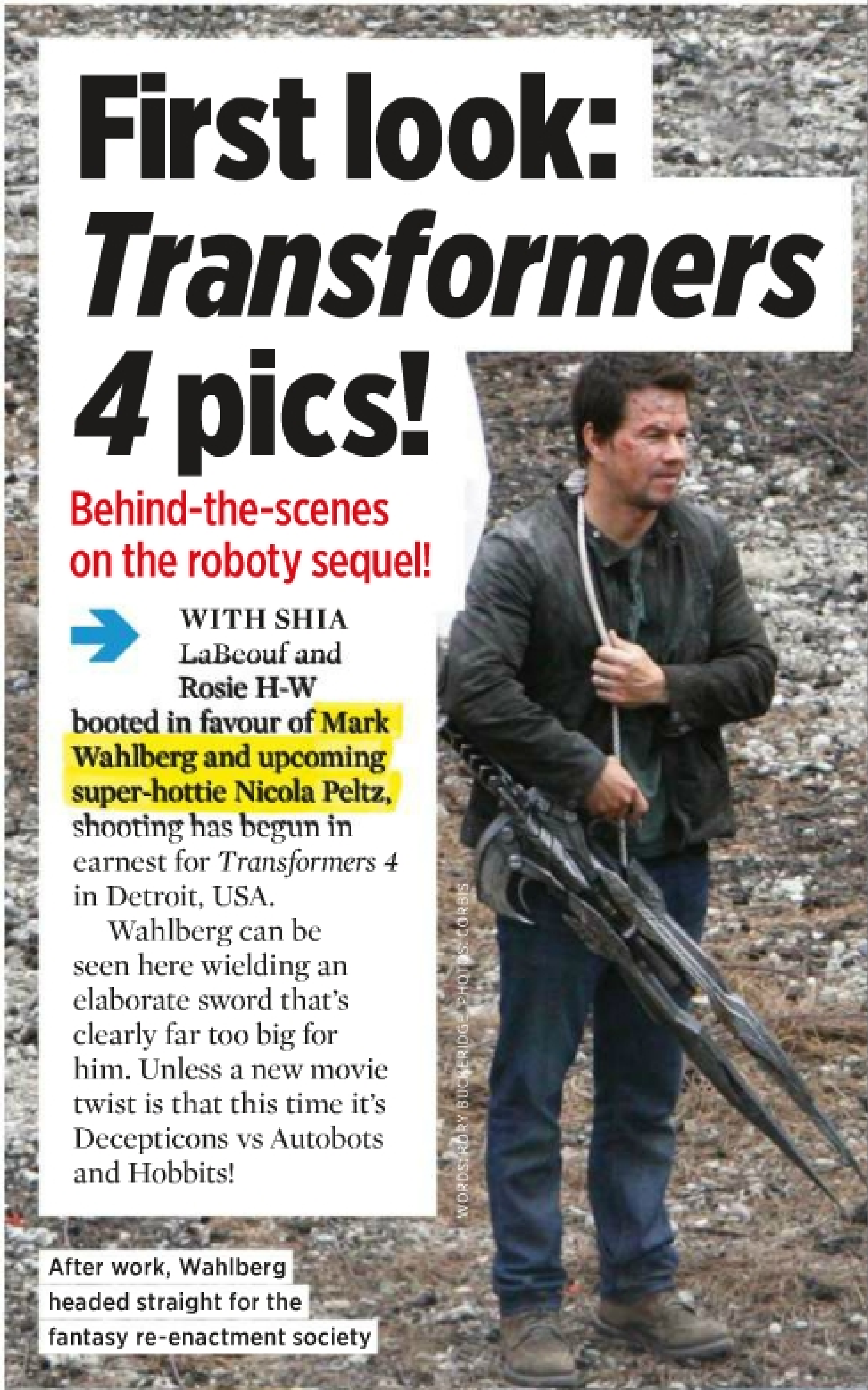
First look: *Transformers* 4 pics!

Behind-the-scenes on the roboty sequel!

WITH SHIA LaBeouf and Rosie H-W booted in favour of Mark Wahlberg and upcoming super-hottie Nicola Peltz, shooting has begun in earnest for *Transformers 4* in Detroit, USA.

Wahlberg can be seen here wielding an elaborate sword that's clearly far too big for him. Unless a new movie twist is that this time it's Decepticons vs Autobots and Hobbits!

WORDS: RORY BUCKERIDGE PHOTOS: CORBIS



After work, Wahlberg headed straight for the fantasy re-enactment society

"What do you mean, someone's pooed in my Winnebago?"

Cowell's wedding fireworks were a bit OTT

Budget iPhone leaks!

Is this plastic-framed delight your next mobile?

WORDS: RORY BUCKERIDGE

THOUGH SLICK, desirable and popular, that iPhone's a bit of cash-muncher. So imagine a world where there's a cheaper one, with most of the iPhone's benefits, but easier on the wallet?

Well, Apple's been working on such a thing. Called the 5C, it'll be introduced with the new iPhone 5S, possibly in September. Here's what it could look like, courtesy of some "leaked" shots.

It was the worst domino display ever

"Don't sleep on your back, dear – you'll only snore"

Phone needed persuading to do the freefall

4 best iPhone 5C rumours!

- **It'll be the first iPhone to be released in brighter colours, including yellow, red, light green and blue.**
- A cheaper phone will involve compromises, so it'll probably have the iPhone 5's processor (the 5S will have an upgrade) a lower megapixel camera and may not have a Retina display.
- **At £230, it'll be half the price of the current iPhone, so contract deals will be cheaper.**
- The 5C will be squarely aimed at the emerging Chinese market, where Apple sell half as many as main rivals Samsung.

Biologists were disgusted at iPhone mating rituals

A very, very smooth price.

£5

DERMATOLOGICALLY TESTED
Gentler on skin.*
SILVERTOUCH™
Gillette
Fusion
PROGLIDE
POWER
DURACELL
1
1
*vs. our leading 3-blade system

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mumsnet Best 2013 Award Winning App

ASDA
SAVING YOU MONEY EVERY DAY

Selected stores. Available while stocks last. Offer available from 8am on Tuesday 6th August 2013. Online delivery charges may apply. Mobile network charges may apply. Mumsnet Best Award 2013, awarded by Mumsnet.

RUDE NEWS

A wonderful whitewash of women. Just like the Ashes!

The Ecclestones

On their hols, Sardinia

Worry not, we mean the genetically fortunate Petra and Tamara, not Papa E.

Kelly Brook

On hols, the Greek Islands

Kelly took aim at haters branding her portly by posting pics of her bikini bod and slipping into the sea from a yacht. In conclusion: she wins.

Rihanna

On a boat, again

Gig… holiday… gig… holiday… gig. Academics could study the world of Rihanna to prove the work hard/play hard theory.

Jessica Wright

On the beach, Ibiza

Huge hair, full slap, lippy and high heels: it's the unmistakable sight of an Essex on a beach.

India

Cleaning cars, Ibiza

Here's India, cleaning cars in Spain. Just out of shot? A grandstand of politely applauding men.

Helen Flanagan

Leaving a party, London

"I have the best boobs I've ever seen on anyone in the world. Ever," announced Helen, modestly. Our response? Prove it.

WORDS: RORY BUCKERIDGE PHOTOS: WENN, TNI PRESS, IMM, XPOSUREPHOTOS.COM, BARE MEDIA, SPLASHNEWS.COM

Kourtney Kardashian

On her hols, Miami

While Kim spits out babies seemingly at will, sister Kourtney is coming up on the rails as hottest Kardashian. Remember, it's a marathon, not a sprint.

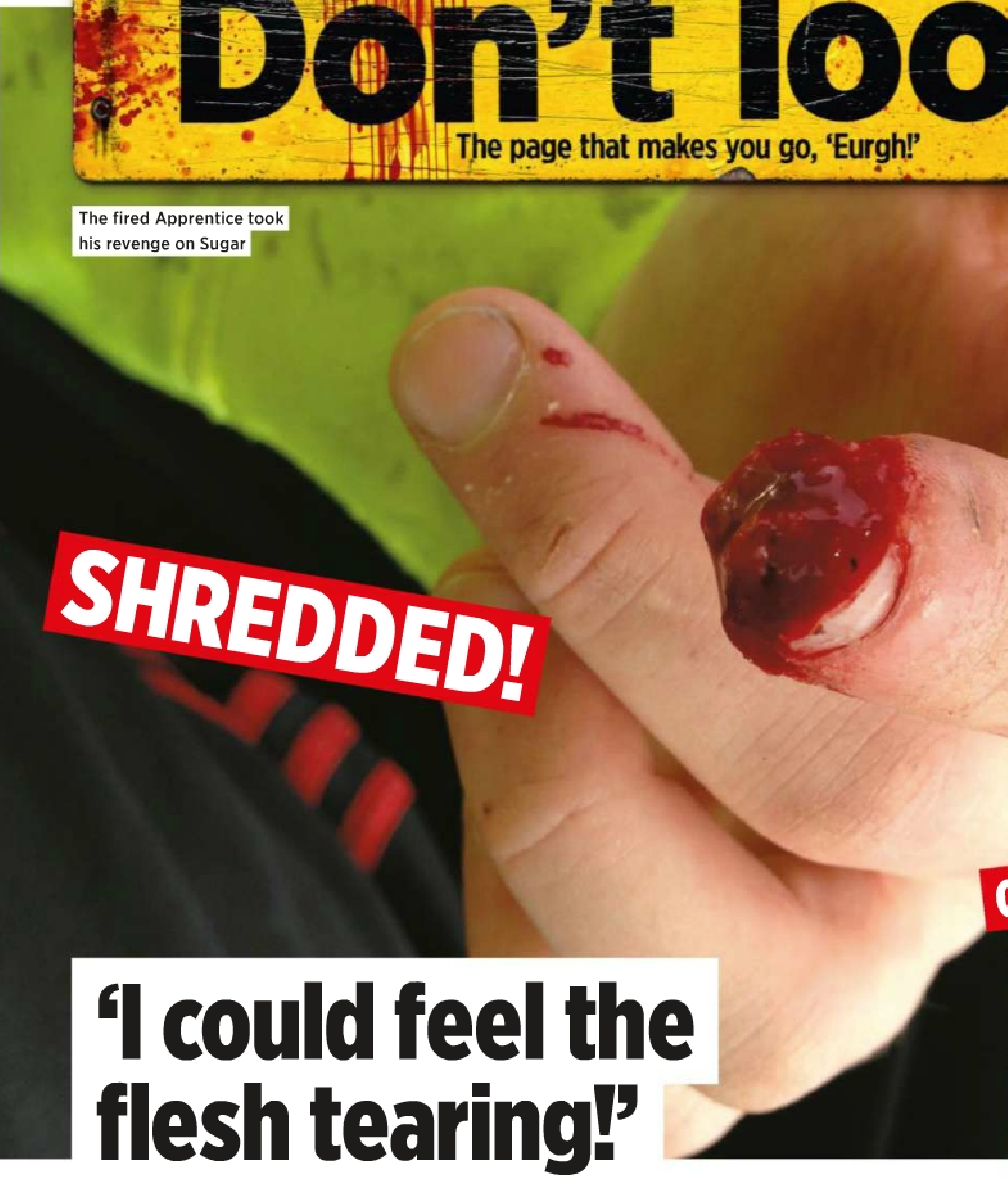
Candice Swanepoel

Victoria's Secret ad

This ad comes from the "less is more" school of marketing. Sell bras by their very absence. Clever, Victoria's Secret. Very, very clever.

Don't look!

The page that makes you go, 'Eurgh!'



The fired Apprentice took his revenge on Sugar

'I could feel the flesh tearing!'

Motorbike chain tangle leads to blood-spraying fingertip trauma!

ANYBODY WHO reads this page will know one truth: motorbikes are bad. Don't believe us? Just ask 19-year-old roofer Nathan Peters-Walsh from Oswestry. He was razzing around on his bike when he stopped to check the chain's tension.

"Suddenly, the bike leapt forward... with my finger still in the chain!" he explains. "My finger was dragged all the way around and ended up stuck between the teeth in the sprocket and the chain. I could actually feel the bone breaking and the skin tearing."

Nathan had to wait for his friend to phone his brother to take him to A&E. "Then a crash on the motorway delayed us, so by the time I got to the hospital, the tea towel I was using to stop the bleeding was completely drenched."

Surgeons cut back the bone and sewed up Nathan's stump. The new tip of his mangled finger is "about 20 times more sensitive than it should be" and he struggles to pick anything up or perform everyday tasks like picking his nose.

He's sold the finger-eating machine. "I'll definitely ride again," he says. "But not yet."

ON THE MEND!

He was a master of the smile-frown combo

Win £1,000!

Think you can do better? Here's your chance. The best "Don't Look!" picture published in 2013 will win £1,000 in cash!* Submit your images and contact details to **dontlook@ipcmedia.com**

WORDS: CHRIS SAUNDERS *EDITOR'S DECISION IS FINAL. TERMS AND CONDITIONS ON PAGE 66 APPLY

ONLY IN **Nuts!**

SEX ADVICE FROM A FIT LESBIAN!

Because she knows what she's doing and we don't!

KEEP UP WITH DANNI ON THE NET!

For all Danni's latest news and pictures, follow her on Twitter – @Danni_Orsi

She wants me hairless!

I've been seeing this girl for a couple of months now and she keeps mentioning how she loved her ex-boyfriend's "hairless" and "baby-smooth" chest. It makes me slightly insecure as mine looks like Sherwood Forest. Should I do away with it all?

DANNY Lincoln

I've said it before and I'll say it again: no one should ever change unconditionally for someone else. The key word here is compromise. Grab some scissors and start maintaining the really wild areas. Alternatively, ask what you'll get in return if you do go smooth – perhaps you can bargain for that naughty fantasy you daydream about. There are always benefits to making sacrifices, Danny!

LETTER OF THE WEEK!

Foreplay is no-more-play!

I've been with my girlfriend for five months. She's great, but is uninterested in foreplay which makes the sex really dull. I've tried to explain how I feel about it, but she always ends up getting insulted. What else can I do?

BRYAN Surrey

Bryan, you've done the talking (the hard bit). Now it's time to warm up the show and tell. Do you kiss? Because kissing can develop into foreplay. Pay extra attention to her inner thighs while kissing and combine that with little neck kisses. Take your time, too. Maybe you could offer a body massage? And when flirting, make sure you're making subtle contact – a touch here, a cheeky pinch there. Just small things to begin with, then when she's adjusted to more physical attention in everyday life, she'll begin to want it more in the bedroom.

I don't want to date his sister!

My best mate wants me to date his twin sister – he says she's had a huge crush on me for years. Trouble is, she's just not my type. How can I let her down without upsetting my pal?

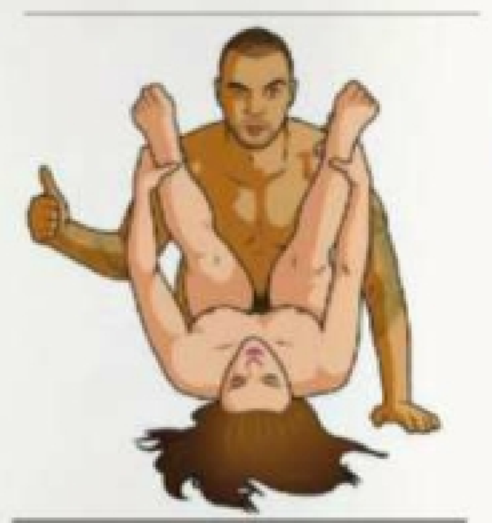
ANON via email

This is easy! Remind your best pal that there's a universal rule that you don't date a mate's relatives. Really massage his ego. Say that you respect his friendship, and wouldn't want to mess anything up. Then you just have to hope he doesn't have any mega-babe cousins hiding in the woodwork!

- If you've got something to ask Danni, just email her at thelesbian@nutsmagazine.co.uk or write to her at the usual *Nuts* address on p66.

ONLY IN **Nuts!**

The *Nuts* Celebrity Kama Sutra!™



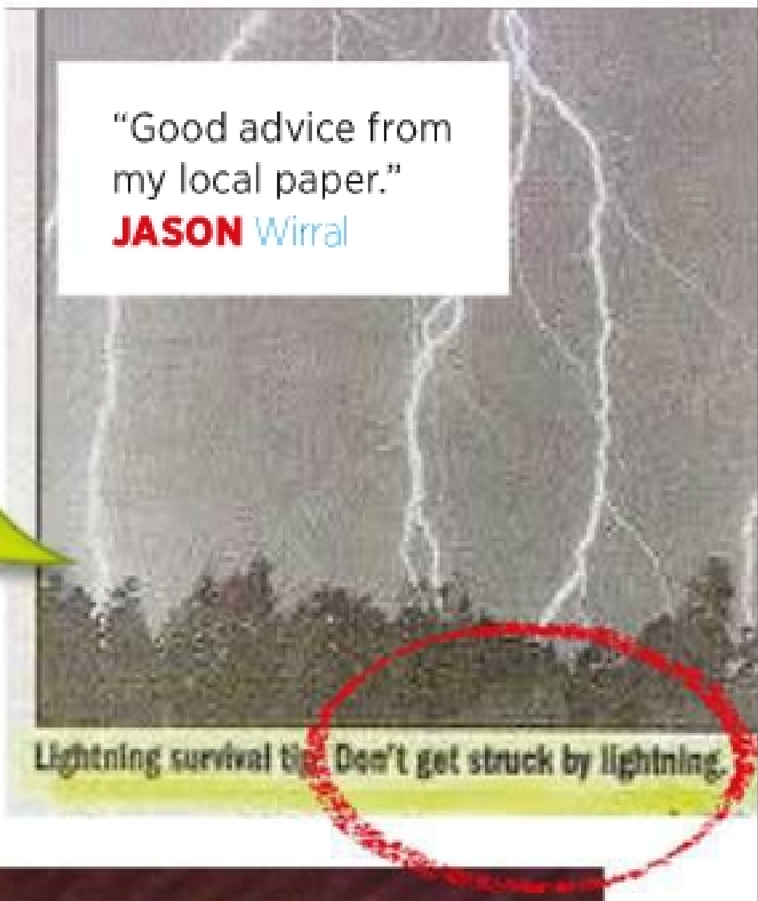
No 97 Daley's *Big Brother* Eviction Night Extra.

NOT GETTING MUCH LATELY? WHY NOT TRY YOUR LUCK AT WWW.NUTS.CO.UK/DATE

ILLUSTRATION: BILL McCONKEY

Camera phone comedy!

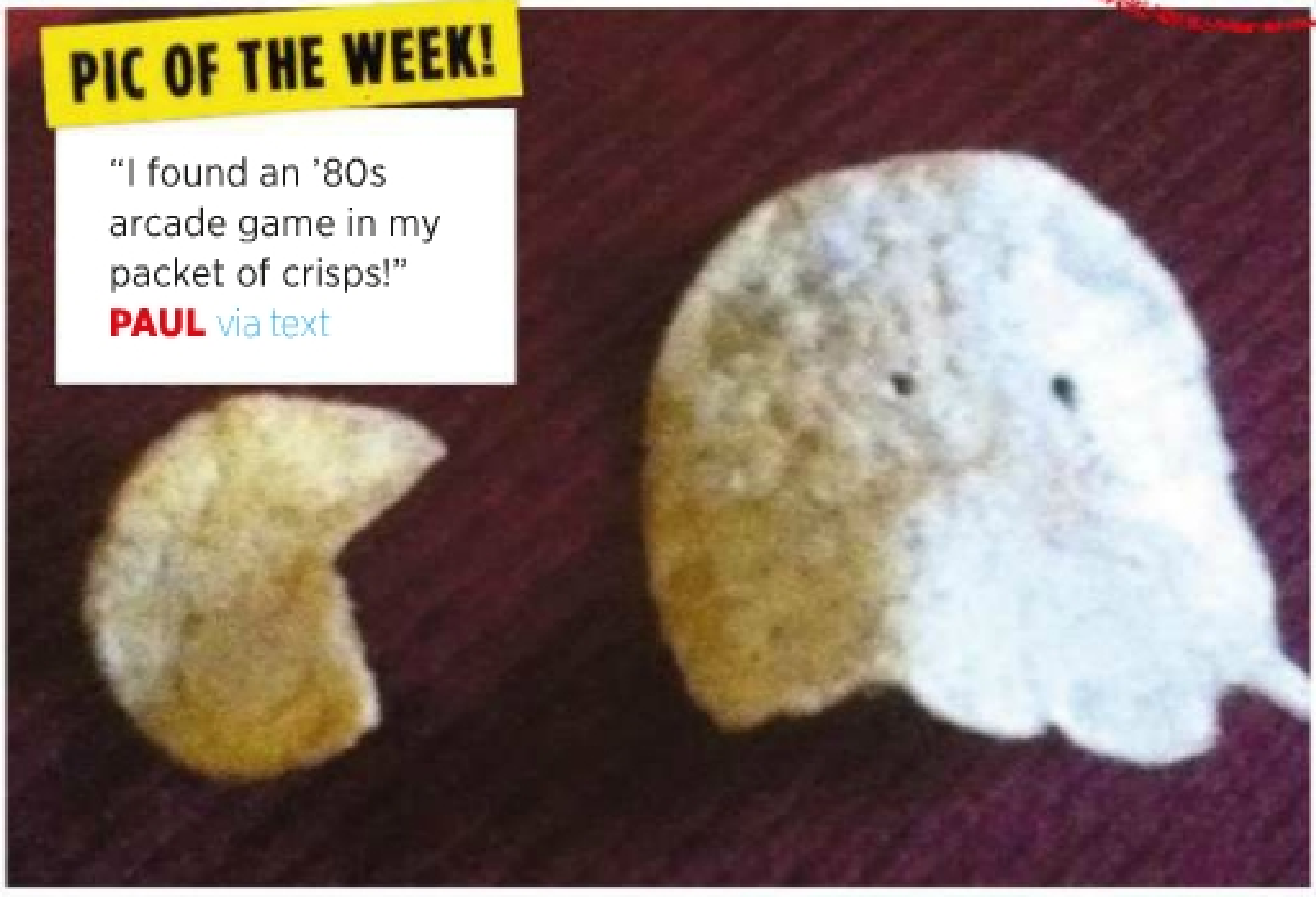
Seen something daft? Snap it, send it in and win £100!


Lightning survival tip: Don't get struck by lightning.

"Good advice from my local paper."
JASON Wirral

"Someone should have tried using the handbrake!"
JIM Shropshire

PIC OF THE WEEK!



"I found an '80s arcade game in my packet of crisps!"
PAUL via text

"This is my husband, Jordan, enjoying the attractions at Sundown Adventure Land."
NICOLE Rotherham

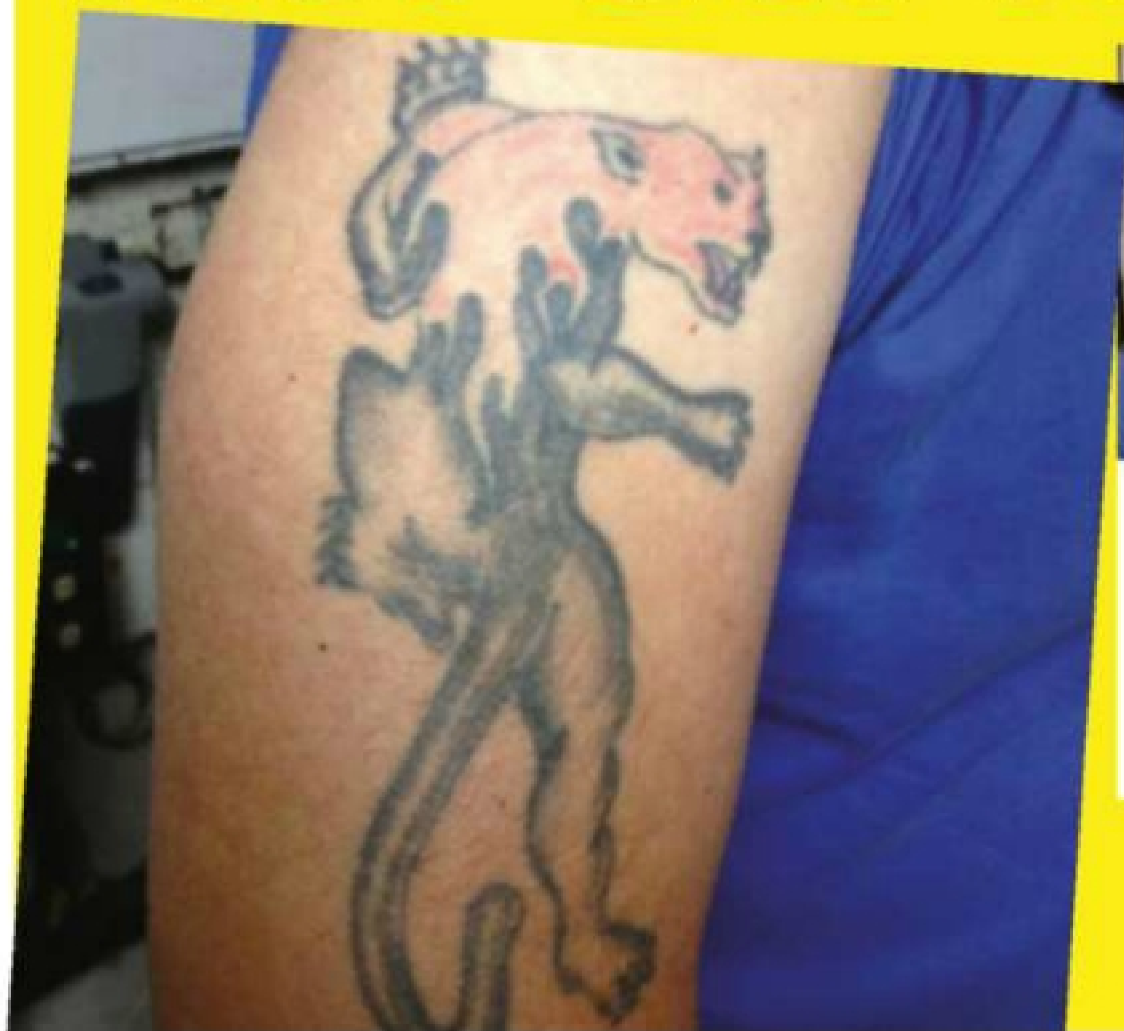
Win £100!

Email **nutsletters@ ipcmedia.com** or text your pic to **0771 388 8008** (free texts, standard network charges apply*). Best pic** wins £100 cash to spend on lovely things!

*BY SENDING NUTS YOUR CAMERA PHONE PICTURE, YOU ACCEPT RESPONSIBILITY FOR ITS CONTENT AND ITS PUBLICATION. **EDITOR'S DECISION IS FINAL. TERMS & CONDITIONS ON PAGE 66 APPLY.

"Someone clearly not that attached to their scooter."
ANON via text

NAFF TATS CORNER



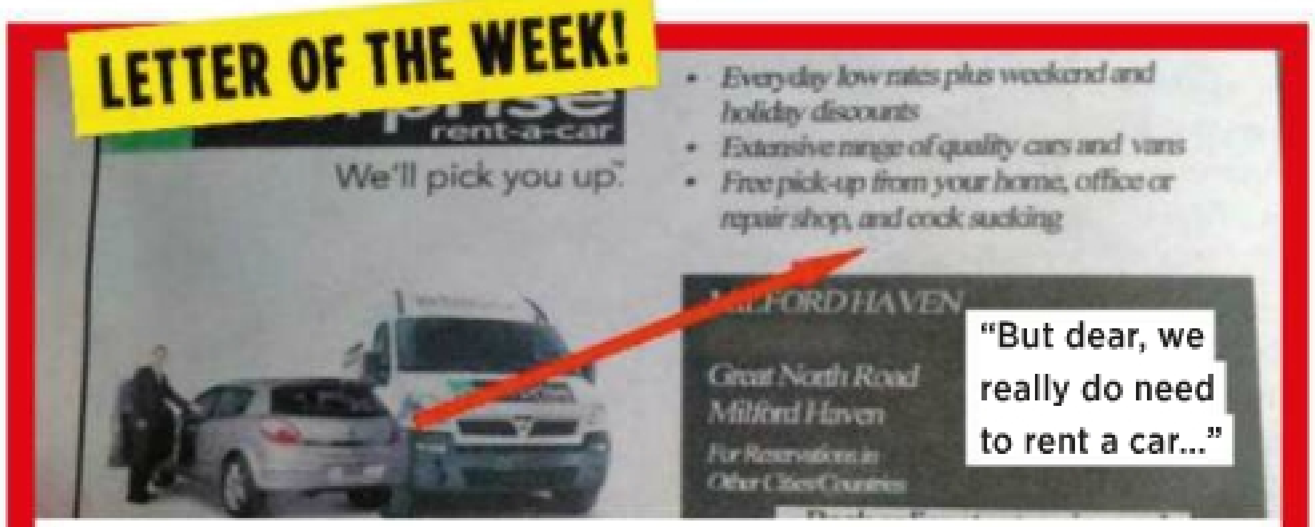
"This is my mate Barry's devil dog. He's too ashamed to wear vests now."
THEO via text

YOUR Nuts

Your Letters!

The latest offerings from our bulging sack!

LETTER OF THE WEEK!


rent-a-car
We'll pick you up.

- Everyday low rates plus weekend and holiday discounts
- Extensive range of quality cars and vans
- Free pick-up from your home, office or repair shop, and cock sucking

MILFORD HAVEN

Great North Road
Milford Haven
For Reservations in
Other Cities/Countries

"But dear, we really do need to rent a car..."

Now that's service!

Dear Nuts,
This genuinely appeared in the *Pembrokeshire Herald*. I don't even know what to say!
LEON BATEMEN West London

How about, "I think I might have to rent a car"?

"I've got my nip on!"

Choccy bar bra!

Dear Nuts,
On our holidays in Spain, my missus just couldn't get enough of her Nippons.
SIMON Manchester

We think they look rather delicious, too.

Oar-some!

Dear Nuts,
On a sea-kayaking trip, enjoying Kelly Brook.
HARRY BOOTH via email

With Kelly in our sights, we could be attacked by a great white shark and we wouldn't notice.

"Bugger! This isn't the rowing manual!"

STEALTH BUMMING CORNER!

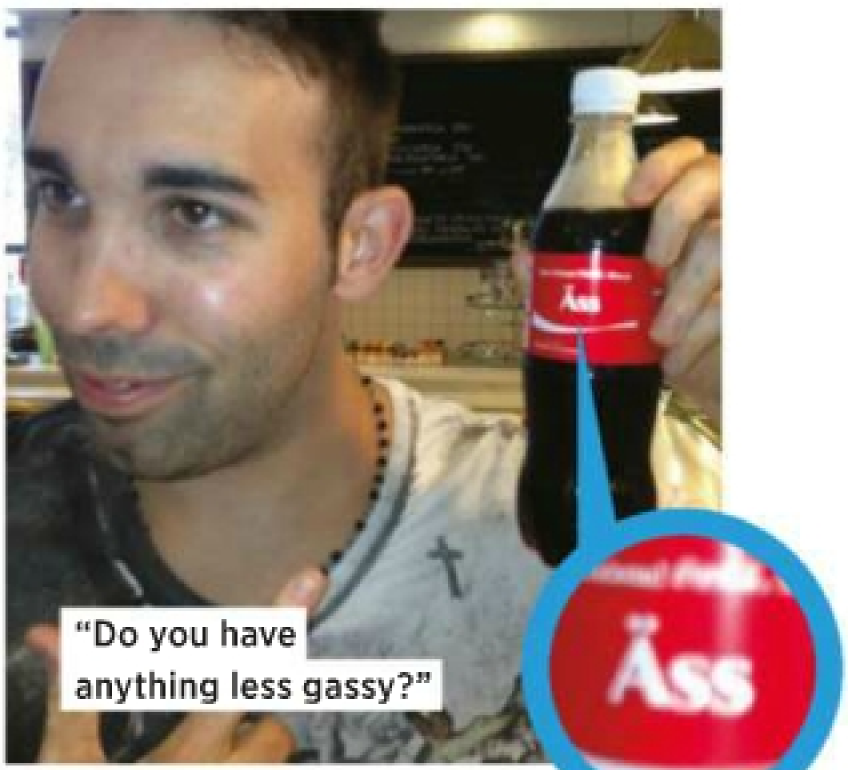
"Sparks will fly when Gav stealth bums you!"
FABIAN via email

Their new striker had a dog of a game

Goalkeep-purr!

Dear Nuts,
Here's my cat, Tigger, obviously looking well impressed to be wearing a Mansfield Town shirt.
DAN WESTWELL via email

It's impossible for any animal, let alone a cat, not to be in awe of the mighty Stags.



"Do you have anything less gassy?"

Bottle and glass

Dear Nuts,
I've finally found a bottle with my brother's name on. I had to go all the way to Estonia to find it though!
STE WALTON via email

We're guessing you and your brother don't always get on.

Win! £100 cash!

Readers, here's your chance to appear in the pages of *Nuts* – and get paid for doing it! Just send your letters, hilarious spam pics, pimped pets and Camera Phone Cuties to **nutsletters@ipcmedia.com** or post them to the usual address on page 66 The sender of the week's best letter wins a fantastic cash prize of £100! Editor's decision is final. Terms and conditions on page 66 apply.

Your Jokes!

Bags and bags of cracking gags!

FOR AGES 3 AND UP

SHORT JOKES!

Q: Did you hear about the dwarf who went into a brothel? A: He got a tw*t in the face!
SHAWN WELDON Bury St Edmunds

I hate the way people talk about me. It's not that they're nasty, it's because I've moved to Wolverhampton!
MARK PIERCE Sevenoaks

I'm not saying my wife's easy to get into bed. All my mates do though!
JAMES SOUZA Southport

Q: What's red and bad for your teeth? A: A brick!
CONNOR MAGUIRE Manchester

Wright-Phillips was blown away by the view

JOKE OF THE WEEK!

Flight of fancy!

TOM'S AT the airport and a man comes up to him and asks, "Lost something, mate?"

"Yes, my wife," replies Tom.

"That's a coincidence – me too," says the man.

"What does your wife look like?" asks Tom.

The man replies "Blonde, long legs, mini skirt, no knickers, no bra, big breasts and a see-through top. What about yours?" he asks.

"Who gives a sh*t!" retorts Tom. "Let's go looking for yours!"

RICK MOYNEUX Clwyd

That's not cricket!

MY PHONE'S autocorrect is stuck on Australian. When I type "Lord's", it changes it to "loser".

DAVE LEE via email

"You've got sauce on your jumper, mate"

Watt a gag!

HOW MANY Freudian psychologists does it take to change a lightbulb? Two. One to change it and the other to hold his penis. I mean the ladder.

BENSON CLARKE Co Durham

He wasn't the smartest lightbulb thief

You can WIN
...ing Keno!

"What are we drinking? Blue Nun!"

Nun too clever!

ONE DAY, mother superior called a meeting. When all the nuns had assembled she said to them, "Ladies, I have to inform you that we have a case of gonorrhoea in the convent."

"Praise the Lord!" said an elderly nun at the back. "I'm sick to death of chardonnay!"

BRIAN COLLINS Derry

Lift laugh!

A MAN walks into a lift and finds himself alone with an attractive woman. As the doors shut, and the lift goes up, he turns to her and says, "Excuse me, miss, can I smell your fanny?"

Outraged, she replies: "Certainly not!"

"Oh well," he says. "Then it must be your feet!"

FRANKIE via email

"This hotel room's a bit pokey"

Win a 32in LED TV and Blu-ray!

BOARDWALK EMPIRE

Send your jokes to **nutsjokes@ipcmedia.com.** The sender of this week's best joke* wins a Samsung 32in LED TV and a Blu-ray of *Boardwalk Empire: The Complete Third Season*, out now on DVD and Blu-ray, courtesy of HBO Home Entertainment.

*EDITOR'S DECISION IS FINAL. TERMS & CONDITIONS ON PAGE 66 APPLY. SEND YOUR JOKES TO NUTSJOKES@IPCMEDIA.COM OR TO THE ADDRESS ON PAGE 66. PHOTOS: REX FEATURES, ALAMY, ACTION IMAGES

FAMOUS BLOKES' JOKES!

Frank Skinner: "I'm all for a vajazzle but the name's horrible. I think they should call it blinge!"

Seann Walsh: "Nothing's worse than walking in on your mum having a sh*t – on your dad!"

Sean Lock: "I'm in therapy. I don't need it, obviously, but I got all these psychiatrist gift vouchers for Christmas which my family clubbed together for. What I really wanted was a crossbow!"

Dylan Moran: "Male genitalia is horrible-looking. Why can't it be something nice like, say, a kitten's head? You could tickle its chin till it got sick – that would be alright!"

Joey Fisher

It's the big-boobed beauty from Wales!

"I love checking out the hot girls on the beach!"

Hello Joey! What's new with you?
Hello! Not much – I've just been enjoying the sunshine a bit too much, to be honest. Ha-ha! I'm from a place called Builth Wells in the Welsh countryside, and we've just had our annual Royal Welsh show. There are farmers everywhere!

You're so Welsh, Joey! Fellow leek-country lady Seren Gibson told us she was a bit jealous of your boobs – what do you say to that?
Aw, bless her. What a lovely thing to say. Tell her I'll let her touch them if she likes!

Deal! How are you settling into life as a *Nuts* regular?
I'm absolutely loving it. I'm going to take the whole place over. It's going to be the Joey show. Ha-ha! I got recognised in Cardiff the other week. This guy came up and asked me if I was that model from *Nuts*. I said, "Yeah, that's me," and he went, "No, you're not!" and walked off. How rude!

How have your magnificent boobs been coping in the heat this summer?
Not very well, to be honest. I burned them! I went on a shoot the other day and they were two-tone – half red, half white. The last time I went sunbathing, I put coconut oil on. But that just deep-fried them, I think. I could hear them sizzle!

Are you jetting off anywhere this year?
Yeah, I'm going to Zante soon – I can't wait. I love Greece. The beaches there are amazing. But when I'm back home I just love to relax and have a good barbie.

When you're on a crowded beach, what tends to get your attention?
Funnily enough, it's usually hot girls. Girls might hide it better, and not talk about it as much as boys, but we're

▶

"I'm too top-heavy to walk on my hands!"

always checking out other girls' bodies. You have to check out the competition!

We see from your Instagram that you're always in McDonald's! What's your Maccy meal of choice?
Chicken Legend with lots of mayo. That's my go-to meal after a night out. They're never as big as they make them look in the photos, though. When they arrive it's always a bit of a letdown.

Agreed. So, we sometimes put together two double cheeseburgers to create a four-patty megaburger – is that a bit wrong?
Well, it's a bit much, isn't it? That's an awful lot of meat and probably not all that good for you, to be honest.

Do you have any mad hidden skills we should know about?
I'm pretty much an open book. I can juggle a little bit. I can only juggle with two balls, not three though.

Can you walk on your hands?
No. I'm way too top-heavy to do that. I just flop over everywhere. Ha-ha!

You're surname's Fisher, but are you any good at fishing?
Not really. I went once with my dad. He caught a fish but I just remember it being all slimy and horrible. I remember I tried to cast out and got the hook caught in a tree. Bit of a calamity, that was.

Ha! Wish we'd seen that! Well, finally, according to Twitter, you text in your sleep. Can you explain how the heck you manage that?
I don't know, it's so weird! My phone never leaves my side. I take it to bed with me and put it under my pillow, then wake up to find that I've texted people. I sent my friend a text while I must have been in the middle of a nightmare and she freaked out, thinking it was really happening to me. Ha-ha! ✖

INTERVIEW: CHRIS SAUNDERS

James FRANCO

The Hollywood dude tells *Nuts* about his mad summer of movie making!

Hello James! We last saw you in *Spring Breakers,* alongside the seriously hot Selena Gomez and Vanessa Hudgens. How tough was it working with all those sexy bikini-clad girls?

Ha! They were great. Let's be honest, it wasn't hard at all. I think the casting director did an amazing job. He picked all the right people. I think I've been waiting for a movie like this to be a part of. I don't know... it was sort of effortless. We just rolled with it. It was fun!

There's a pretty disturbing bit where you have to sing a Britney Spears ballad. Did you practise in the mirror?

Ah, yes, ha-ha! The Britney Spears scene was something that was integral to the style of the film. I just practised the song in my trailer. I don't sound anything like her, obviously! But I just tried it – and the ladies helped me out, too.

When you were in *The Iceman* [biopic of the notorious contract killer Richard Kuklinski], as a filthy ratbag, your co-star Michael Shannon [who played Kuklinski] said you scared the hell out of him... how does that make you feel?

Michael Shannon said I scared him? He kills me in *The Iceman*! I've actually done three movies with him to date. I think I might have also scared him in a movie called *The Broken Tower* because there was a sex scene. He got really scared to do it! I had to take him out to dinner to talk him into it. So I think that's when I really scared him...

ILLUSTRATION: MATTHEW HOLLINGS

And now you're playing legendary lothario Hugh Hefner! Are you anything like Hef?

Ha-ha! I don't know! But I actually work for Hugh Hefner – I do interviews for *Playboy* magazine. So I guess we're close in that way. Otherwise, I don't know – I don't have a big mansion, I don't own a magazine. And I have no bunnies. I don't think he's seen the movie yet. I hope he likes it.

Do you ever read stuff about yourself on the net? What's the weirdest thing you've found?

Pictures of me with cats on Tumblr! It feels like the public persona of me is made up of images that are circulated and re-circulated on the internet and combined in different ways.

You've done many movies this summer. Are you a bit of a workaholic?

"Look! Another pipe smoker! I wonder what tobacco he uses?"

Whenever you add "-aholic" to something, it sounds like it's an addiction. For me, I'm very fortunate because my work is the same thing as what I love. And in addition to that, when I make movies, or when I do these different projects, I get to work with all my friends and sometimes even my family. And so, in that sense, I'm not working at a job that I'm hoping to get away from. I'm not working, waiting for my two-week holiday. A holiday is not as good as what I do professionally.

You've worked on a few films with your mum and brother. Did that mean you were allowed to yell at them?

I generally don't shout at my actors. It feels similar because my brother is a friend of all my friends, and my mother knows all my friends very, very well. All of them fit in with my group very well. They just feel part of the gang when they're working with us.

"Trust me, girls. We look seriously cool!"

ATM
OPEN
GRAB
Pac
4

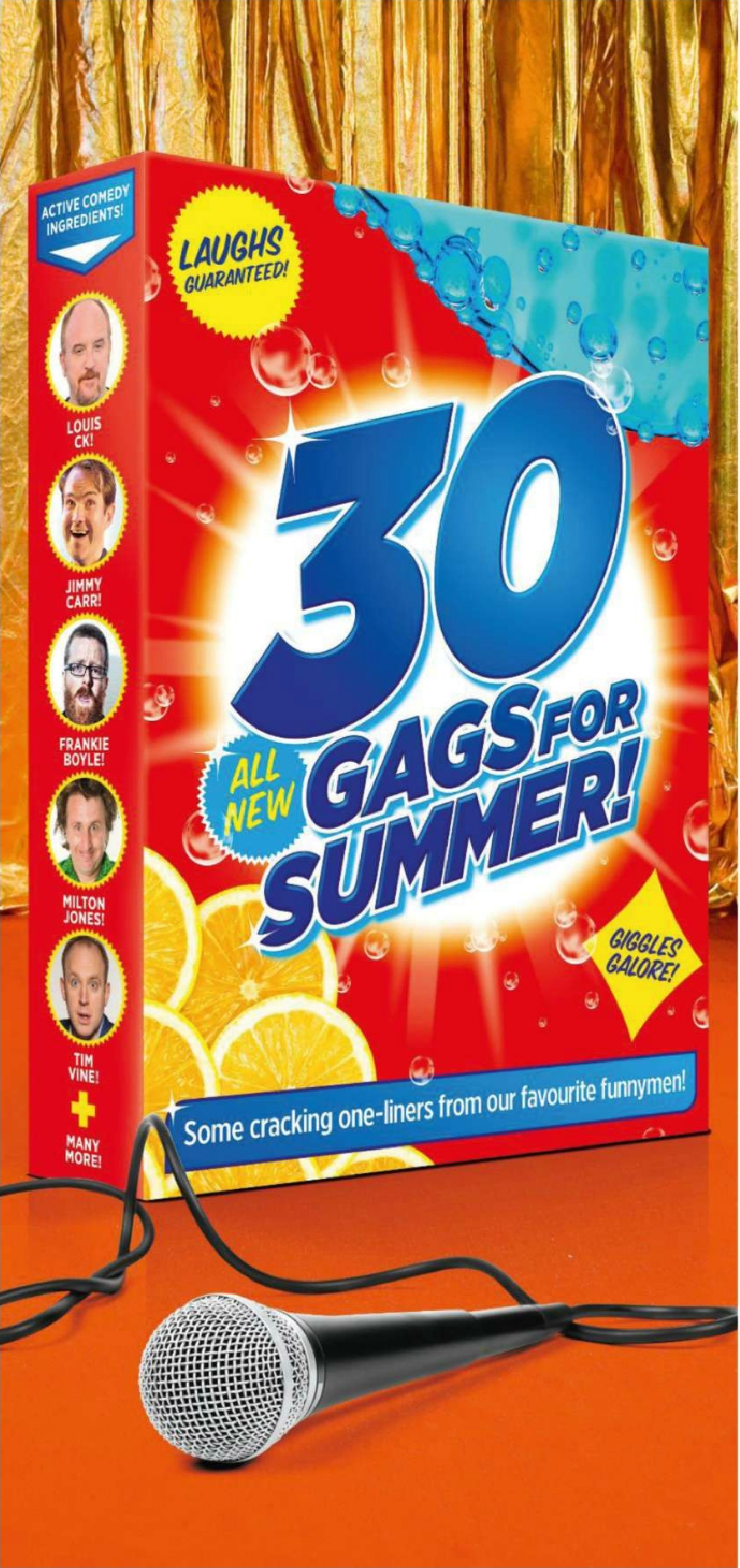
So you don't shout and you love your job. Do you ever have a bad day at the office?

Once I had to work with these mules... there was a mule-drawn cart, and they have these scenes that normally would be simple. But you only have so many takes because the mules will get tired and you can't abuse animals. And then sometimes the mules don't want to just go from here to there – so doing that was stressful. I remember the first two weeks, I wasn't sure if what we were shooting was going to work – and I was dealing with these mules and I got stressed out. I thought I was going to have a breakdown!

We're glad you didn't! Finally, after seeing *127 Hours*, one of the greatest pub debates of all time has become, "Could you cut off your own arm like that bloke did?"

Oh, I've always said I don't think I could. I don't react well to blood!

- Spring Breakers *is available for pre-order now and out on Blu-ray and DVD on 12 August*


ACTIVE COMEDY INGREDIENTS!
LAUGHS GUARANTEED!
LOUIS CK!
JIMMY CARR!
FRANKIE BOYLE!
MILTON JONES!
TIM VINE!
+
MANY MORE!
30
ALL NEW
GAGS FOR SUMMER!
GIGGLES GALORE!
Some cracking one-liners from our favourite funnymen!

1 "Let's hear it for reincarnation. YOLO!"
TIM VINE

2 "The symptoms of being in love are shortness of breath, light-headedness, and an inability to concentrate, exactly the same symptoms as carbon monoxide poisoning. I say to my wife, 'I think I love you, but can we get the boiler serviced?'"
SEAN LOCK

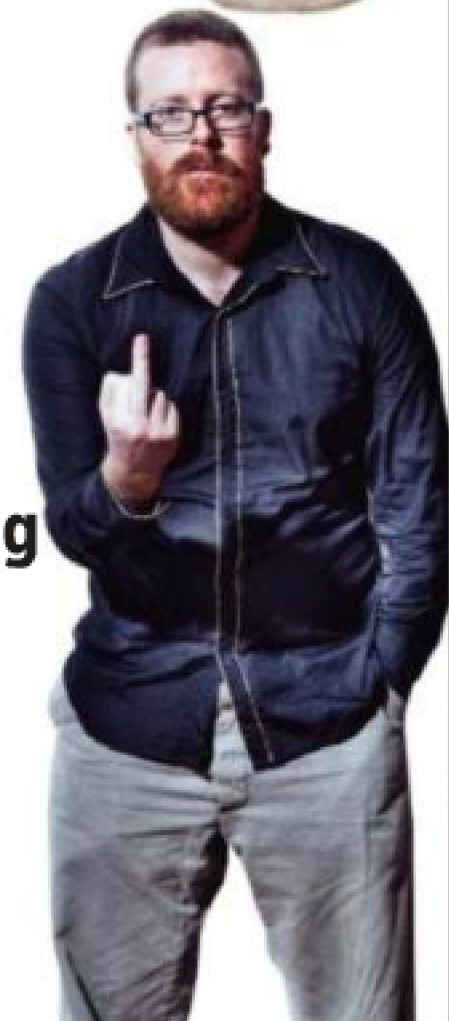
3 "In Chinatown, there are lots of Chinese people selling pirate DVDs... But in the old, old days, it was the other way round – pirates selling Chinese people!"
BENNY BOOT

4 "What's Doctor Who's favourite food? Dalek bread!"
JOHN BISHOP

5 "Laughter is the best medicine – unless you're diabetic, and then it's insulin!"
JACK CARROLL

6 "Those people on shows like *Secret Eaters* – what do they use for a gastric band? The fan belt from a Boeing 747?"
JIMMY CARR

7 "In Scotland, if you have 11 men and a cricket bat, the only thing that's happening is that some dude is going to be paying the rent he owes!"
FRANKIE BOYLE



8 “Of course, don’t put flip-flops on a horse because the resulting sound is extremely confusing. Flip-clop, clip-flop, flip-clip...”
HARRY HILL

9 **“I don’t have ‘sex drive’. Not ‘drive’. I have sex ‘just sit in the car and hope someone gets in’!”**
LOUIS CK

10 “I read an article that said if you regularly drink two glasses of wine a day, you could be well on your way to becoming an alcoholic. If I drank two glasses of wine a day, I’d be on my way to being cured of alcoholism!”
JACK DEE

11 **“I don’t trust Dannii Minogue – her ‘i’s are too close together!”**
ROBIN FLAVELL

12 “I’m Canadian but I feel Irish. Both my parents are alcoholics!”
STEWART FRANCIS

13 **“Dell are the Wonderbra of computers. You get it home and there’s nothing inside!”**
JIMMY MCGHIE

14 “I arrived in Australia just in time for the extreme weather conditions. The heat, the cold, the flood – it’s like the whole country is going through the menopause!”
STEPHEN K AMOS

15 **“Too many people are driving off without paying for petrol. I can’t help feeling Formula One drivers set a bad example!”**
MILTON JONES

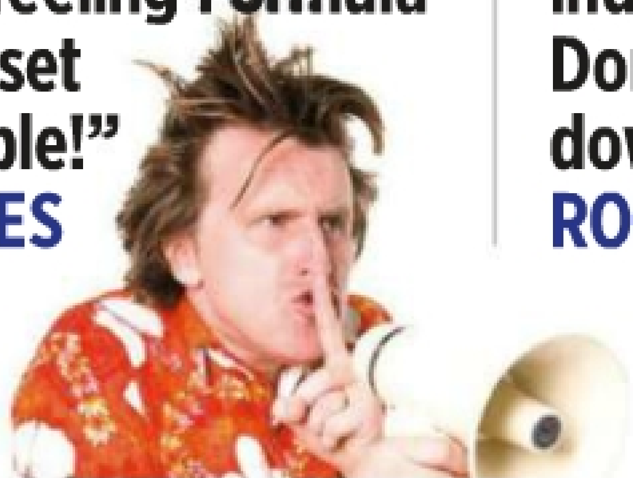


ILLUSTRATION: MARK PETTY @ PARKGRANDE PHOTOS: REX FEATURES, WIREIMAGE

16 “This morning I had a Belgian waffle. In the afternoon I made a Frenchman talk bollocks!”
GARY DELANEY

17 **“I’ve never been abroad. I’ve always had a c*ck and balls!”**
NICK HELM

18 “I’ve been going out with a Siamese twin lately, but she dumped me because she said I’d been seeing someone behind her back!”
DAVO

19 **“I hate changing my duvet cover. It’s like trying to stuff a clown into a condom!”**
JIM CAMPBELL

20 “The Euro crisis is so bad now that the world is looking to Germany for leadership and France for moral courage. Whichever way you cut it, that’s a f**k up!”
AL MURRAY

21 **“A mate of mine told me he had a w*nk at work. If I had a w*nk at work, this would be a different show!”**
STEVE HUGHES

22 “I was listening to *Let’s Get It On* on the radio in the car with my dad. It wasn’t the Marvin Gaye version. It was the musical equivalent of a fingering at a bus stop!”
MARK WATSON

23 **“Piracy is costing the US film industry $20billion a year. Don’t they know they can download that sh*t free?”**
RONNY CHIENG

24 **“I once said to my mate James, do you want to come for a pint? He said, nah, I’ll pay for it!”**
STEVE BUGEJA

25 “Getting advice from an American spell-checker on my laptop is like a vegetarian turning up at your BBQ and telling you to turn those steaks. Hey, you should piss off, it’s not your jurisdiction!”
DAVE THORNTON

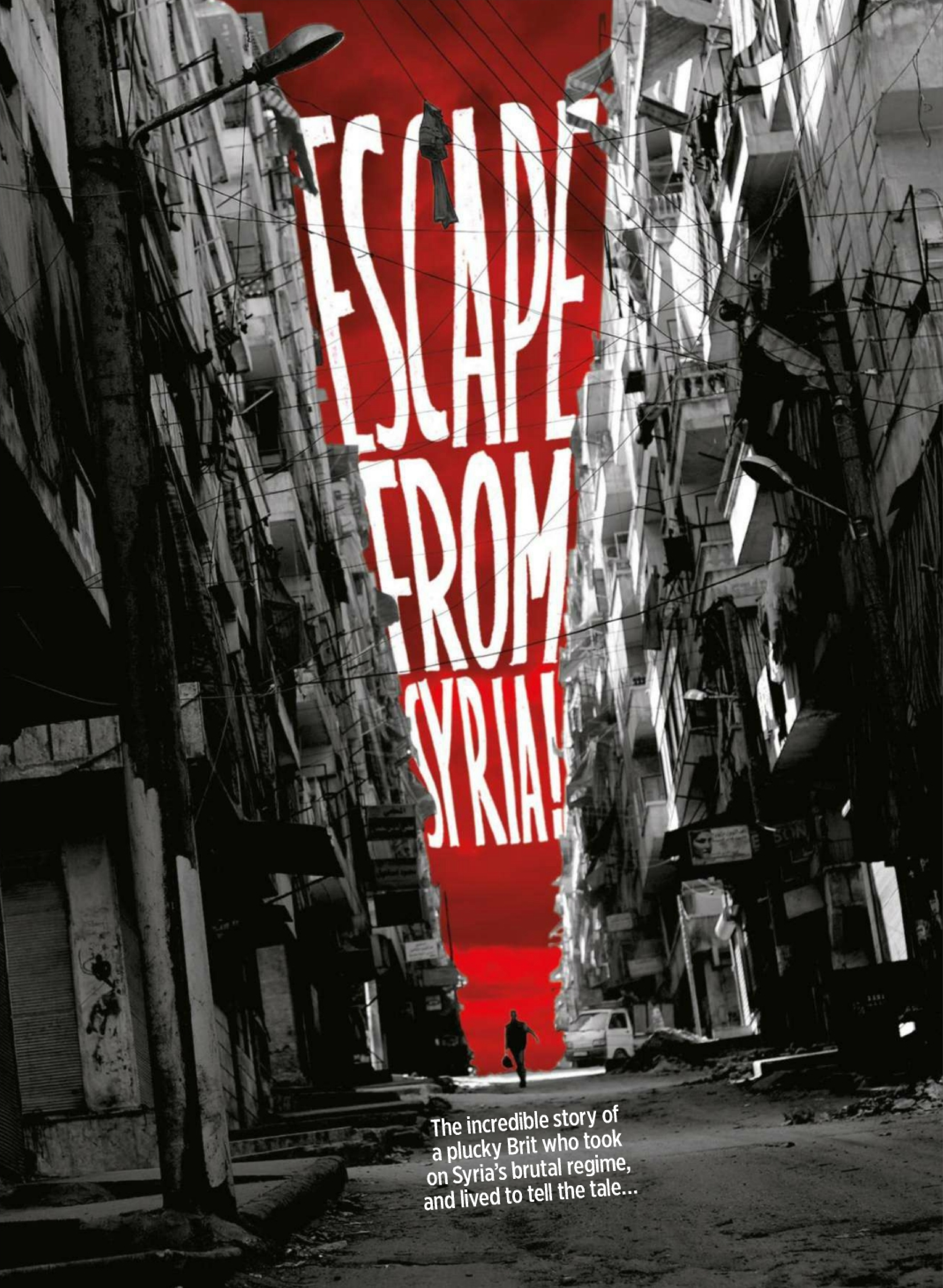
26 **“I’m sick of Sainsbury’s. They keep telling me to try something new today. So I went, f**k it, I will. Tesco!”**
MAX EDE

27 “Amazon is like having a bad relationship with a girl who’s remembered everything you’ve ever done and is storing it up for future use in an argument. One-click ordering is just a way of punishing drunk people!”
CHRIS ADDISON

28 **“If you’re British and you don’t know someone called Nigel, you’re not really British. Or you’re Nigel!”**
CHRIS D’ELIA

29 “I remember the first time I went to stay with my girlfriend at her parents’ house and her dad wouldn’t let us sleep together. Which was a shame because he’s very attractive!”
CHRIS TURNER

30 **“I’ve got some sad news. My friend has lost the use of both his hands. I feel for him!”**
DEXTER FIELDING



ESCAPE FROM SYRIA!

The incredible story of a plucky Brit who took on Syria's brutal regime, and lived to tell the tale…

PHOTO-JOURNALIST Paul Conroy has spent years documenting war zones. Last year, while covering Syria's bloody civil war, he found himself hunted by President al-Assad's death squads. Here, he tells *Nuts* how he evaded capture.

Hello Paul. How did you get into war photography?
I'd been in the Army for six years, then did some photography on the side. One day, I got a call from a mate who was delivering aid to the Balkans, asking me to film what was happening. When the aid was delivered, I thought I'd stay on and film the war. I made a documentary, and I got more work from that.

Has your Army background come in useful?
Yeah, it's taught me what to look out for. When I was covering the revolution in Libya, I was sitting on the side of a road and we'd see a shell land, and all the rebels would laugh while I took cover. Then another one landed a bit nearer. As they laughed, I knew that Gadaffi's men were making adjustments until they hit us. People soon started to follow what I was doing.

What happened when you filmed in Syria last year?
We contacted a fixer in Beirut and he hooked us up with the Free Syrian Army. We drove into the Beqaa Valley that was held by [Islamic militant group] Hezbollah, and had to avoid them. Then, as it was getting dark, we followed these guys through a mountain pass and into a minefield. They'd known where the mines were but the rain had washed the markers away. The Army were firing at us, too.

Photo-journalist Paul Conroy

A civilian shot by a sniper is treated

Your goal was the rebel city of Homs. Is that where you were attacked?
Yes. We were in a media centre – a house in the neighbourhood of Baba Amr, which was seen as the heart of the revolution. At 7am, the war reporter Marie Colvin and I were looking to visit a field hospital. Then shells started to land near our location, until one smashed into the back of the house and removed the room where we'd been sleeping ten minutes earlier.

Did everyone panic?
Someone shouted to get out, but I thought we'd be better staying where we were, as we had protection from the walls. Another shell hit us. A third shell then removed the second storey. Then an explosion ripped through the room. I put my hand down and felt blood – then it went right through my leg.

Were you in shock?
My first thought was about hospital food! I then rooted around for the artery to make sure it wasn't severed. I felt inside my leg until I found this thing that was pumping. I put a tourniquet around the leg to stop the bleeding. I went to find Marie and ended up next to her and my journalist friend, Remi Ochlik. I could see they were both dead.

Did the attack stop then?
No. I could see this surveillance drone above us. They then opened fire again. I dropped to the floor while they tried to take the rest of us out with gun and shell fire. I was there 15 minutes until I was taken to the makeshift hospital.

What state were you in?
The bottom of my calf was hanging off and a bit of shrapnel had wedged under my kidneys. I had this huge piece of meat hanging off me, and the doctor told me that it would have to come off. He cut it away with scissors, and no anaesthetic.

You were there five days. Tell us about your escape.
There was talk of an ambulance to take us out, but that was actually a trap – we would have been executed if we'd got in it. The rebels finally collected all of the injured and drove us through the front lines. They lowered me down a hole into a tunnel, then stuck me on the back of a motorbike.

The conflict in Syria began in March 2011

How were you?
The staples holding my leg together had come off so the wounds were open again. I had to get off the bike, crawl up a mud bank where the tunnel had been hit, then crawl through a hole the width of my shoulders, where I got a piece of steel in my leg, which I had to pull out.

What happened then?
I was picked up by two guys who supported me as I went over walls, through ditches and over farmland to a house. A vet there stitched me up. Ten minutes after I'd left it, the tunnel I'd come through was attacked and a lot of people were killed. Finally, a Land Cruiser took me to Beirut. There was a £1m bounty on our heads from the al-Assad regime as we'd witnessed what he'd done. The media centre attack was deliberate. His forces tried to get one Free Syrian Army guy to tell us where we were. He refused and they cut his throat.

How do you feel about Syria now?
I wasn't going to shut up about what I saw. But I was disappointed by the international response, which was to sit there and do nothing. Now the jihadists have come in and filled the vacuum. I can't predict an end to it.

Finally, is that the end for you and war photography?
No, I'm looking at getting myself well enough to be a photographer again. We were unlucky. The deaths of Marie and Remy have spurred me on.

- *Under The Wire: Marie Colvin's Final Assignment* by Paul Conroy is out now, published by Quercus, priced £18.99.

INTERVIEW: ANTHONY TEASDALE PHOTOS: GETTY IMAGES, REX FEATURES

EXCLUSIVE!

Lucy Pinder!

The *Nuts* legend in a sexy new shoot for summer!

▶

Hello Lucy! How are you enjoying this glorious British summer we've been having?
Hello! I'm loving it. It felt like the sun was shining for the whole of July, which makes a change as it felt like it was winter for a year before that. I can't remember the last time we had a summer like this.

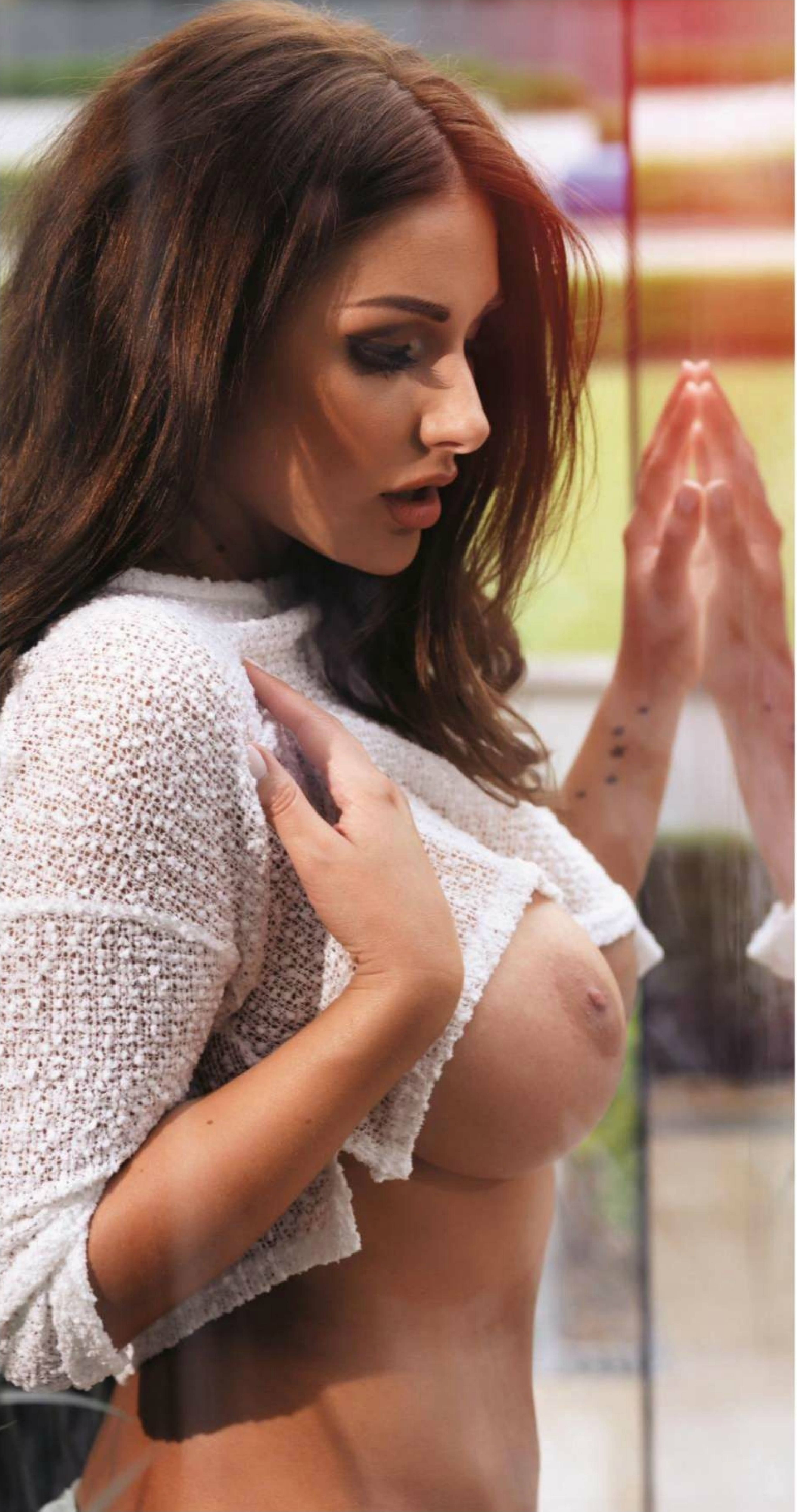
Is it true that it's been so sunny, you even managed to shoot your "exotic" 2014 calendar in, er, West London?
It is. We chanced it and ended up shooting it on the hottest day of the year, so what looks like an exotic tropical garden was actually in Earls Court. Of course, it's some lush garden in South America, really.

We won't tell a soul. So what's the best thing about the British summer, in your opinion?
That's a tough question, as Britain's very pretty when the sun shines. I think our countryside's gorgeous in the summer. There's something nice about having a cheeky jug of Pimm's in the garden in the evening. Gorgeous!

People tend to be in a cheerier mood in the nicer weather, don't they?
Yes, everyone's just cheerier, aren't they? People are in a far better mood. I think we must be a nation of people who suffer from seasonal affective disorder, because Britain really comes to life in summer. But also, everyone wears less clothing. That's a bonus!

Is that why everybody's friskier when the sun comes out?
It could be! It's something about feeling the sun on your body that's been hidden away for the winter – it feels kind of sexy. And I think everyone looks a bit healthier – glossier, almost. Evolution-wise, it probably explains why we feel a bit saucier. I think I'm equally frisky whatever the season though. ▶

“I always
feel frisky
whatever
the season!”



And, of course, we imagine those brave bikinis get put to good use.
Absolutely! I've been making good use of the skimpy bikini – even when I've just been doing some sunbathing in the back garden.

We feel a bit sorry for your bikini top. You work it pretty hard. Is it in a union?
Ha-ha! I think if he could speak he'd say, "Lucy, come on, give me a break. I'm struggling to hold everything!" There should be a support group for glamour models' bikinis. My bikinis always feel like they're about to snap open at any moment!

Boing! When you're out and about on holiday, do people ever clock you and say, "OMG, it's Lucy Pinder!"?
Occasionally they do, yes. People are always very polite though, so I must be going to the right places. It's nice that people take the time to come and say hello.

Are you a paella and sangria girl, or are you happy just to settle for egg and chips with a pint of Carling?
Ha-ha! I love food when I'm away, but I'm definitely more of a paella and local cuisine person. You can get decent egg and chips back home.

What's the sexiest thing you've seen in *Nuts* recently?
You don't give me the easy ones, do you? With all these amazing new babes it's hard to say. But I'm a big fan of Geena Mullins. I think she's absolutely gorgeous. Her and Gracie Lewis are my current girl crushes. Kelly Brook looked fab in her recent cover shoot as well.

And how did you enjoy the Lucy Pinder special edition that's currently available on the iPad?
It's fantastic. I was really pleased with how it all panned out. It felt weird having a whole special edition just for me, but also very flattering. ►

“Geena Mullins is absolutely gorgeous!”

“Who wouldn’t fancy
Beyoncé’s body?”

Did you get caught up in all the royal baby fever?
A little bit, yeah. I like the young royals a lot and think they'll be great parents. I love the fact that Kate looked gorgeous when she left hospital with the baby – she's always beautifully preened.

What would you have called the regal tot, if not George?
James or Henry would have been nice names. It would have been funny if they'd named him Wayne. Even just as a joke they should have released some inappropriate name to the media before they announced the real one.

What's the last thing that made you laugh out loud?
My dog makes me laugh out loud. He's officially the funniest creature in the world!

What's the last really awesome movie you saw?
I watched *Seven Psychopaths* recently and I absolutely loved it. I haven't been to the cinema in ages, though. I think *The Great Gatsby* was the last thing I saw on the big screen. It was superb, but then I think any film with Leonardo DiCaprio in it is brilliant!

Who would play Lucy Pinder on the big screen?
You know, I have no idea. I think that's a pretty difficult one when you think about it. Answers on a postcard!

Which actor would you most like to do a raunchy scene with?
Ha-ha! Keith Lemon. I think I should be his love interest if he does a sequel to his movie – I think we'd have a giggle! Failing Keith, Leonardo DiCaprio or Henry Cavill will do, I suppose.

Are you excited for the start of the new footy season?
Yeah, but I don't follow the football as much as I used to. I do think it'll be really interesting to see the dynamic at Man United now that Alex Ferguson's gone, though. ▶

"I'd be Keith Lemon's love interest in a film!"

How do you reckon your very own Saints are going to do next season?
Southampton will win the Premier League. OK, maybe not. Ha-ha! I think Saints will be strong this season. There was a lot to learn from last season. Hopefully, we'll improve on last year.

What are you most excited about for the rest of the year?
I've got some trips coming up that I'm getting excited about, and many more great *Nuts* shoots, of course!

Who do you have a lady crush on at the moment?
Beyoncé. I went to see her a couple of years ago and she was incredible – she made me fancy girls a little bit. Who wouldn't fancy that body?

Search us! Would we ever find you on a nudist beach?
I'm not sure. It depends. If it's a beach that's full of really fit girls and buff blokes, then you'd definitely find me with my kit off there. But aren't most of them full of wrinkly old men?

You may have a point! So, we feel that us blokes need a bit of fashion advice when it comes to summer garms...
OK, well I love an effortless white T-shirt and jeans or casual shorts. I do like a bit of a natural tan, some stubble and a nice pair of aviators.

Noted! What about Speedos? Can we give those a whirl?
Definitely not Speedos! Please, boys, put those budgie smugglers away. And as for fake tan – don't do it. It looks so, so wrong on a fella.

Thanks, Lucy! Finally, are you off to any festivals this year?
I have no idea. I know that this month you have the likes of Reading and Leeds, and then there's the Edinburgh festival, but I've been to none of those. Maybe next year *Nuts* should take me and some girls on a festival road trip. ✖

INTERVIEW: SI CUNNINGHAM

"An effortless white T-shirt looks good on a bloke!"

Nuts STUFF

The week's best TV, movies, games, fashion, music and tech!

Nuts TV

TV built for blokes!

"Come on, mate! Keep in time to my can-can!"

MAN UNITED VS WIGAN
SUNDAY • ITV/HD, 1.30pm
It's the season curtain-raiser!

Friday 9 August

Train was having trouble staying focused

World's Busiest Train Station

CHANNEL 5/HD • 8pm

You think rush hour at Manchester Piccadilly's a bit crowded? Wait until you see the managed chaos of Tokyo's Shinjuku station, where three million people file through every day. And with earthquakes a threat, it's no wonder staff get a bit stressed.
★★★

The anniversary dinner wasn't going well

The Field Of Blood

BBC ONE/HD • 9pm

If the final episode of this '80s-set drama is as good as the opener we're in for a treat. Rookie journo Paddy not only has the misfortune of being stuck with a bloke's name but is in trouble with some nasty people who'd rather she stopped her murder investigation.
★★★★★

"I did warn them not to order the vindaloo"

Avengers Assemble

SKY MOVIES ACTION/HD • 10pm

A film so big it may not fit on your TV screen. Iron Man (Robert Downey Jr), Hulk et al team up to save the planet from an alien invasion. Not that you can blame the aliens – seeing Scarlet Johansson dressed as the Black Widow's worth crossing the galaxy for.
★★★★

SOFA AMMO

GROSSE POINTE BLANK

BBC ONE/HD • 11.35pm

There are several Bond references in this ace hit-man film, including an attempt to poison via string (aping a scene in *You Only Live Twice*), and an airing of *Live And Let Die* (Guns n'Roses version).

Saturday 10 August

"Hey, lads – Suso's going to walk straight into my hand again!"

Liverpool vs Celtic

BT SPORT 1/HD • 4.45pm

The two most "Irish" teams in Britain head over for a friendly in Dublin that should point to how the sides' pre-season prep is going. The Reds are still in a state of flux over Luis Suarez's "come and get me" overtures, while the men in green and white hoops have invested in their squad over the summer. Should be a cracker!

★★★★

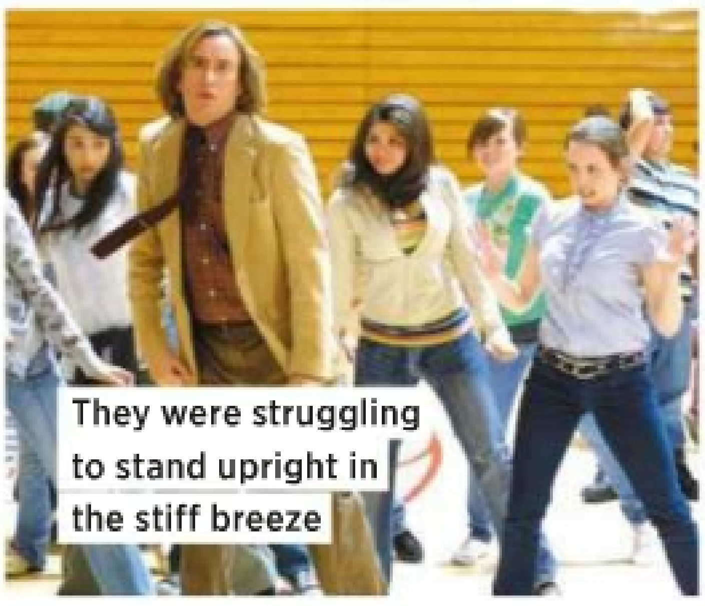
Skinner was having that cheese dream again

I Love My Country

BBC ONE/HD • 7.30pm

Frank Skinner and Micky Flanagan head the teams in the quiz that'll have smarty-pants everywhere rubbing their hands with glee. The subject this, and every, week is Britain itself, with questions sure to get any music/history obsessive into a lather. It's like a really good pub quiz, except you supply the booze and crisps.

★★★★


They were struggling to stand upright in the stiff breeze

Hamlet 2

BBC TWO/HD • 10.55pm

Like most people, we find it hard to think of Steve Coogan playing anyone not called Alan Partridge, but in the week Norfolk's finest disc-spinner hits the big screen, check out this 2008 flick. Coogan plays a teacher who dreams up a musical sequel to the Shakespeare play – but with loads of explicit sexual content. Funny stuff.

★★★★

BETTING SLIP

PUNT OF THE WEEK!

LIVE USPGA GOLF

SKY SPORTS 1/HD • 5pm

He didn't win the Open, but Tiger Woods is looking strong for the year's final Major – back him at 6-1. Check Phil Mickelson, too, currently 12-1.

Sunday 11 August

"Not now, Giggsy – I'm about to be all balletic!"

Man United vs Wigan

ITV/HD • 1.30pm

Form a conga line and dust off your vuvuzelas – the footy season's back with the traditional Community Shield curtain raiser! And it's about as mismatched a game as you could envision, as relegated FA Cup holders Wigan take on the champions.

★★★★★

"Ha! It makes a funny squeaking sound when I do this!"

Leicester vs Leeds

SKY SPORTS 1/HD • 4.15pm

The weekend's final Championship match looks like a pretty tasty affair. Leicester, heartbreakingly dumped out of their play-off semi-final by Watford in the 97th minute of the semi-final second-leg last season, take on West Yorkshire glamour boys, Brian McDermott's Leeds United. Football's well and truly back. About time, too!

★★★★

"I think we need to move the TV down a bit"

NEW SERIES!

Dragons' Den

BBC TWO • 8pm

We love *Dragons' Den*, although surely by now the world's run out of things to invent? The good news for this series is that stern-bollocked Dragons Peter Jones, Deborah Meaden and Duncan Bannatyne have some new filthy-rich chums to contend with. Let's hope for entertainment's sake that they're really mean to the hapless inventors!

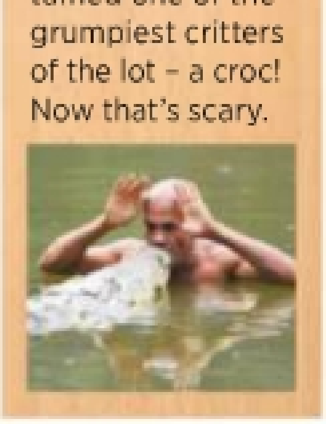
★★★★

BLOKES ONLY!

THE MAN WHO SWIMS WITH CROCODILES

NATIONAL GEOGRAPHIC/HD • 11pm

Lion tamer? Pah! Snake charmer? Move aside. The bloke in this tamed one of the grumpiest critters of the lot – a croc! Now that's scary.



WORDS: ANTHONY TEASDALE, PETE CASHMORE, RORY BUCKERIDGE, MIKE HALL, SI CUNNINGHAM
PHOTOS: REX FEATURES, ACTION IMAGES

Monday 12 August

HSBC had let its professional veneer slip

The Place Beyond The Pines

SKY BOX OFFICE • From 6am

Ryan Gosling stars in this offbeat crime drama, effectively recreating his role in *Drive* as a strong, silent getaway driver, although this time he's a stunt motorcyclist who flees his bank jobs on two wheels. Bradley Cooper plays the cop tasked with catching him.

★★★

"OK, mate – calm down. You only saved a single!"

England vs Australia

SKY SPORTS 2/HD • 10am

The third day of the fourth Test, and if everything's gone to plan in the third Test – and let's face it, pretty much everything *is* going to plan – England could be on their way to a whitewash. It's taking its toll on Australia's ex-players, too (see page 73).

★★★★★

"Lads, help me out. I'm about to drop it!"

Champions League Heroes

ITV4 • 9pm

Glum-faced ITV journo presents a goal-brimming documentary charting the greatest players to have made their mark in Europe's elite club competition, including Steven Gerrard, Ryan Giggs and Stewart Downing. Nah. We made that last one up.

★★★★

Death By Dull!

THE A-Z OF GARDENING

BBC TWO/HD • 2.45pm

Yes, an entire series devoted to plant-bothering, which tackles gardening-related themes starting with A going all the way to Zzzzz...

Tuesday 13 August

● New issue of *Nuts* on sale today!

"You wanted your sausages well done, right?"

Mythbusters

DISCOVERY/HD • 7pm

We blooming well love women here at *Nuts*, and one of the biggest reasons is because girls differ from us blokes in many subtle and brilliant ways. Which is what the team put to the test here, finding out whether women are better multi-taskers than men, who can throw more accurately, and which of us are really better at parking.

★★★★

Llewelyn-Bowen's stately home makeover had gone too far

Rude Tube

CHANNEL 4 • 10pm

Nuts' resident movie man Alex Zane is back with all the videos that may have fallen down the back of the internet. We're told that this ep contains vids called Man vs Cactus, Woman vs Water and Girl vs Bus Stop. It's all entertaining enough, but if it's a case of *Rude Tube* vs Pub we may just be down the local instead.

★★★

Drugs hit Spock hard

Ray Donovan

SKY ATLANTIC/HD • 10pm

While we find the "*Sopranos* on Sunset Boulevard" billing a bit far-fetched, we're still thoroughly enjoying this Hollywood-based drama following a bloke whose job it is to get high-profile celebs out of various scrapes. Tonight, Ray (Liev Schreiber) receives some unsettling news. Cool and classy, if just a tad on the slow side.

★★★★

Ooh Kinky!

TABOO

NAT GEO/HD • 11pm

A look at those peculiar types who have weird sexual fetishes, including a woman who lives her whole life as a puppy. Phwoar.

Wednesday 14 August

"Come on, Wayne. Time for beddy-byes"

England vs Scotland

ITV • 7.30pm

The auld fixture finally returns. The last time these two great rivals met was a 1999 World Cup qualifier, which Scotland won 1-0 but still failed to qualify – England did. But get into the mood by googling Gazza's goal in Euro '96 (unless you're Scottish, of course).

★★★

True Blood had lost its mojo

NEW SERIES!

Boom Town

BBC THREE • 10pm

Mad new series that takes the structured reality format of the likes of *TOWIE* and *Made In Chelsea* but, rather than focus on the lives of vaguely everyday people, throws in deliberately eccentric characters including a cat-loving wannabe rap star, a superhero, a trainspotter and a witch. Absolutely stark-raving potty.

★★★

He had the world's friendliest stalkers

The Last Leg

CHANNEL 4/HD • 10pm

Fast becoming one of the best comedy programmes on the telly, the less-than-PC news show this week features funnyman Alan Carr as studio guest. Host Adam Hills, with help from Josh Widdicombe and Alex Brooker, will be on hand to supply the usual jokes and silliness. Is it OK… to watch it? It certainly is!

★★★★

Classic Telly!

I'M ALAN PARTRIDGE

GOLD/HD • 10pm

In this ace episode from series two, Alan plans to watch every James Bond film over a single weekend. "Licence to kill… time in his caravan!"

Thursday 15 August

Holmes' hatred of apples knew no bounds

Sherlock Holmes: A Game Of Shadows

SKY MOVIES CRIME/HD • 6.45pm

This sequel's not as good as Guy Richie's 2009 original, but you'd have to be French or something not to get swept along by its charm. It's a romp. There's no better word to describe it.

★★★★

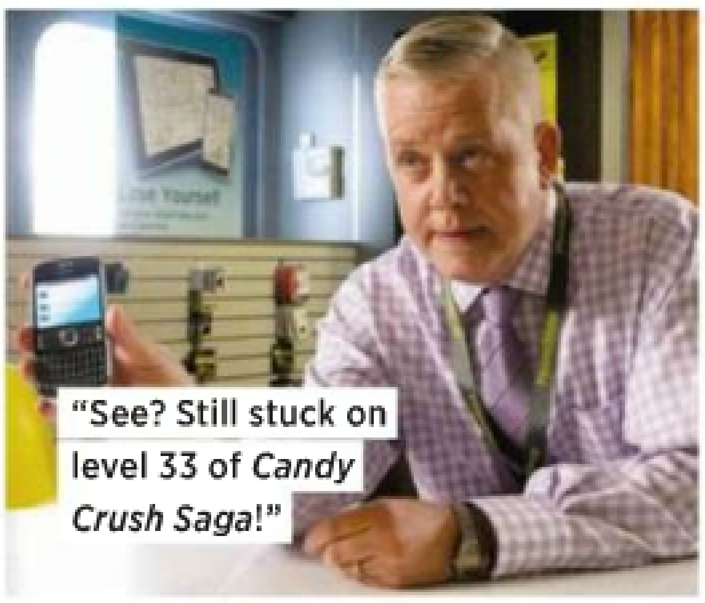
No one was getting near their cod and chips

Cocaine Capital Of The World

BBC THREE • 8pm •

Not Chelsea, as you might think. Nope, this doc decides it's – possibly surprisingly – Peru which takes the powdery crown. Cue pleasingly hot journo Stacey Dooley ramping up the air miles on a tour of the country, finding out what went wrong.

★★★★


"See? Still stuck on level 33 of *Candy Crush Saga*!"

PhoneShop

E4/HD • 10pm

We're slightly baffled by this sitcom's continuing success, as the chuckle-per-minute ratio in *Nuts* Towers is fair to middling. But tune in tonight to see if the Phone Shop can win the "Golden Bowl" Insurance sales award for the sixth year in a row, while Lance tries desperately to get *MasterChef*'s Gregg Wallace to follow him on Twitter.

★★★

ONE WITH THE MISSUS!

NOTTING HILL

SKY MOVIES DRAMA/HD • 8pm

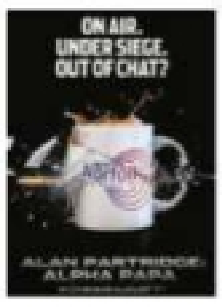
Your lady in your life will thank you for sitting through this slushy ordeal, as bookshop-owning berk Hugh Grant woos film star Julia Roberts.

WORDS: ANTHONY TEASDALE, PETE CASHMORE, RORY BUCKERIDGE, MIKE HALL, SI CUNNINGHAM
PHOTOS: REX FEATURES, ACTION IMAGES

Nuts REVIEWS

MOVIES

Westwood's replacements were finally unveiled



ALAN PARTRIDGE: ALPHA PAPA

7 August • 15

A-ha! Steve Coogan's alter ego finally hits the big screen, and it's been worth the wait. When a fellow DJ goes bonkers with a shotgun and takes hostages at North Norfolk Digital, Alan turns siege negotiator and plays up for the media circus in a bid to become "the biggest thing to come out of Norwich since Lord Nelson or Tricia." Well funny! ★★★★★

THE LONE RANGER

THE LONE RANGER

9 August • 12A

Johnny Depp plays Comanche warrior Tonto, the sidekick of lawman Lone Ranger as they mete out justice in the Old West. ★★★

THE BEST NEVER REST
RED 2

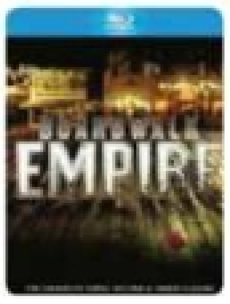
RED 2

Out now • 12A

Bruce Willis, Helen Mirren and John Malkovich return as the coffin-dodging assassins for an enjoyably tongue-in-cheek sequel. ★★★

DVD & BLU-RAY

"I hate it when I lose at musical chairs!"



BOARDWALK EMPIRE SERIES 1-3

DVD & Blu-ray • 18

Missing *The Wire*? Pining for *The Sopranos*? Here's the solution – and it's possibly the best crime show of the last five years! Steve Buscemi is "Nucky" Thompson, Mr Big in Atlantic City in the '20s, ordering hits on enemies, showering friends with gifts and corrupting officials. Add in mobsters, thieves and lady nudity and you have a top bloke show. ★★★★★

STOLEN

DVD & Blu-ray • 12

Nicolas Cage is in a rush. Why? He's got a day to find $10m or his kidnapped daughter will spend eternity locked in a car boot. ★★★

TRANCE

DVD & Blu-ray • 15

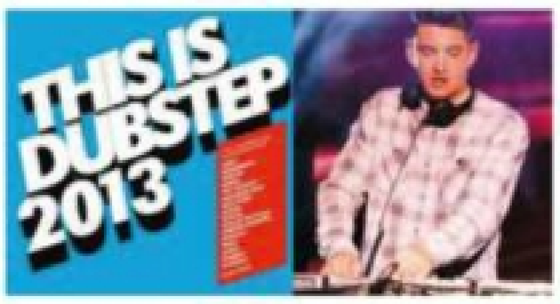
James McAvoy's an art dealer, who, after a heist goes wrong, is hypnotised to remember where he stashed a painting. ★★★★

MUSIC

DRUM&BASS ARENA 2013

DRUM&BASSARENA SUMMER SELECTION 2013

This sweet selection of D&B bangers includes ten all-new remixes from the likes of Halogenix and Harvest. ★★★★



THIS IS DUBSTEP ANTHEMS

Chase & Status, Benga, Skrillex and co all bring the tunes to this celebration of the best "wob-wob" beats of the last decade. ★★★

ALAN PARTRIDGE: ALPHA PAPA

ALAN PARTRIDGE: ALPHA PAPA MOVIE SOUNDTRACK

To tie in with the film, it's the Norfolk DJ's smorgasbord of smash hits – interspersed with ace chat, of course. ★★★★

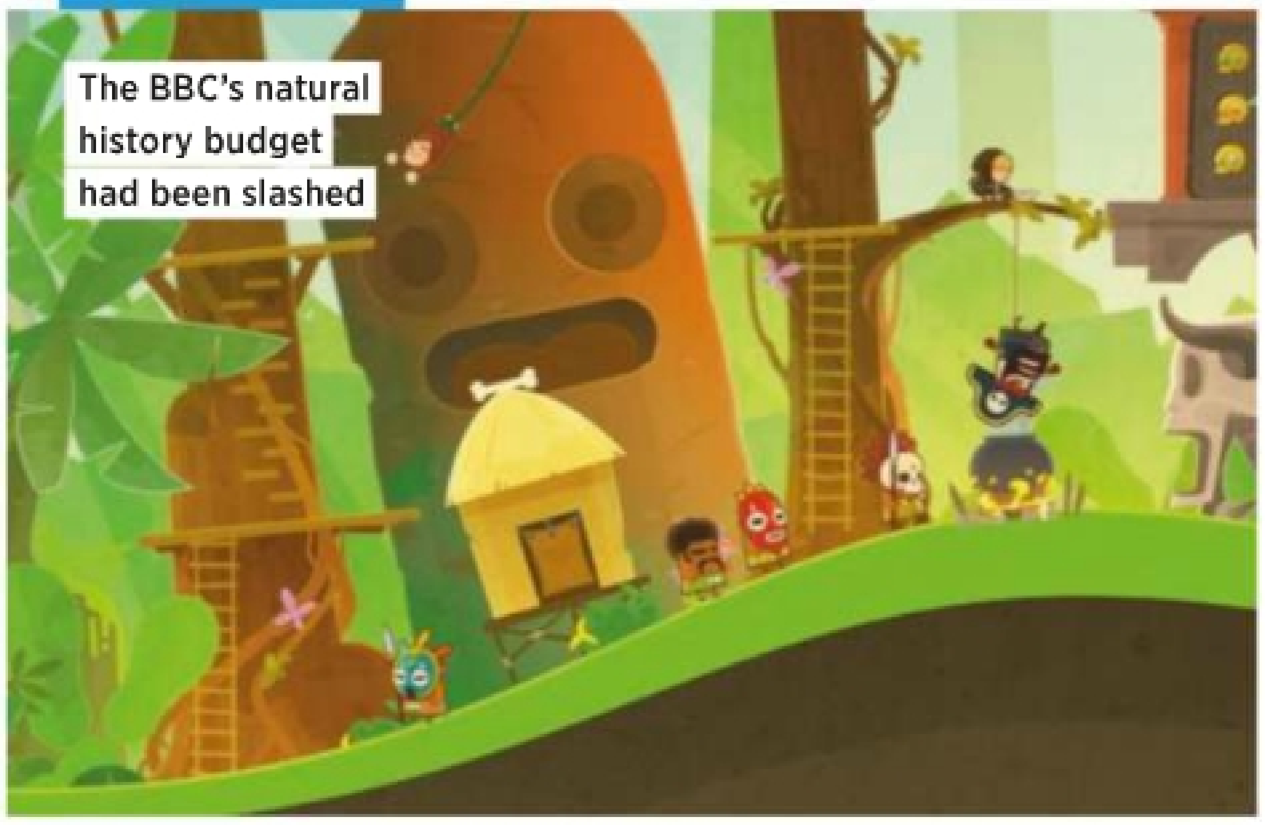
example
#hits

EXAMPLE #HITS

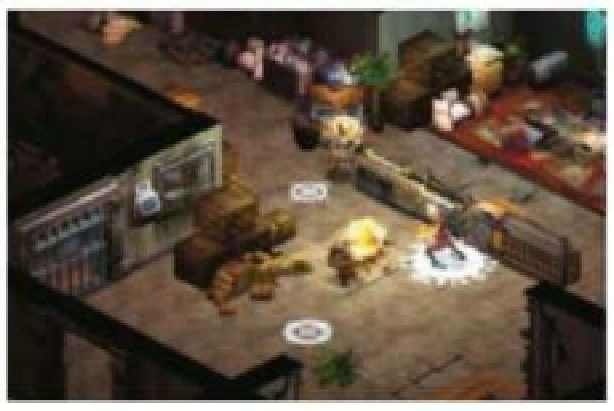
The chart-botherer's tunes always go down well in the *Nuts* office. Ahead of his new album, here are some of his best ditties. ★★★

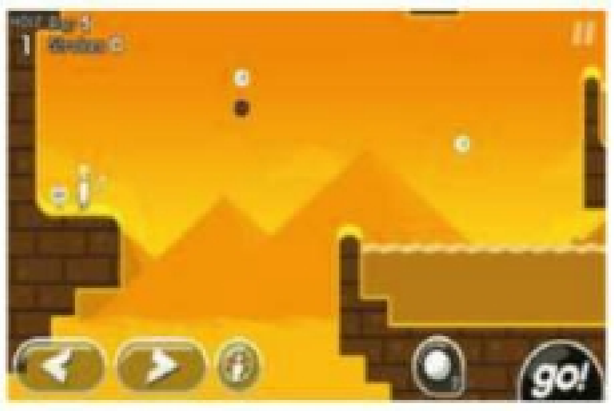
RATINGS: ★★★★★ Genius ★★★★ Very good
★★★ Investigate ★★ Alright ★ Rubbish

GAMES


The BBC's natural history budget had been slashed

TINY THIEF
Android, iPad, iPhone
Point-and-click puzzler where you have to nick stuff, unnoticed, over six brilliant quests. Get spotted and it's game over, so hiding quickly is key. But the fun here is replaying the levels, getting every hidden extra that's snaffled away. Plus! Get stuck and there's a hint book with full walkthroughs. The catch? It can only be used once every four hours. The best two quid you'll spend all week. ★★★★





SHADOWRUN RETURNS
PC, Mac
Belated sequel to legendary 1989 RPG, with you a mercenary, using weapons and magic to complete missions in a cyberpunk future. ★★★★

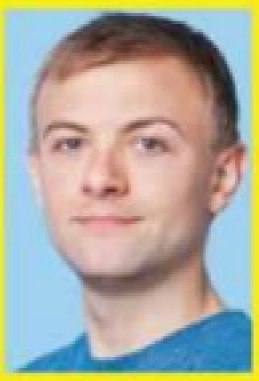
SUPER STICKMAN GOLF REVIEW
Android, iPad, iPhone
Fantasy golf game set on OTT courses with bonkers obstacles – greens float in space, balls roll off into infinity. Daft fun, though. ★★★★

APPS

GOOGLE MAPS
iPad
Users of the iPhone have had Google Maps back for a while now, so it's nice to see this free app on the iPad, too. It's simply a must-have. ★★★★★

YARRLY
Android
Want to create your own meme? This makes it easy. Import a snap into the app, write something amusing on it, then share. ★★★★

WORDS: ANTHONY TEASDALE, DAN BRIGHTMORE, SI CUNNINGHAM, RORY BUCKERIDGE PHOTOS: REX FEATURES



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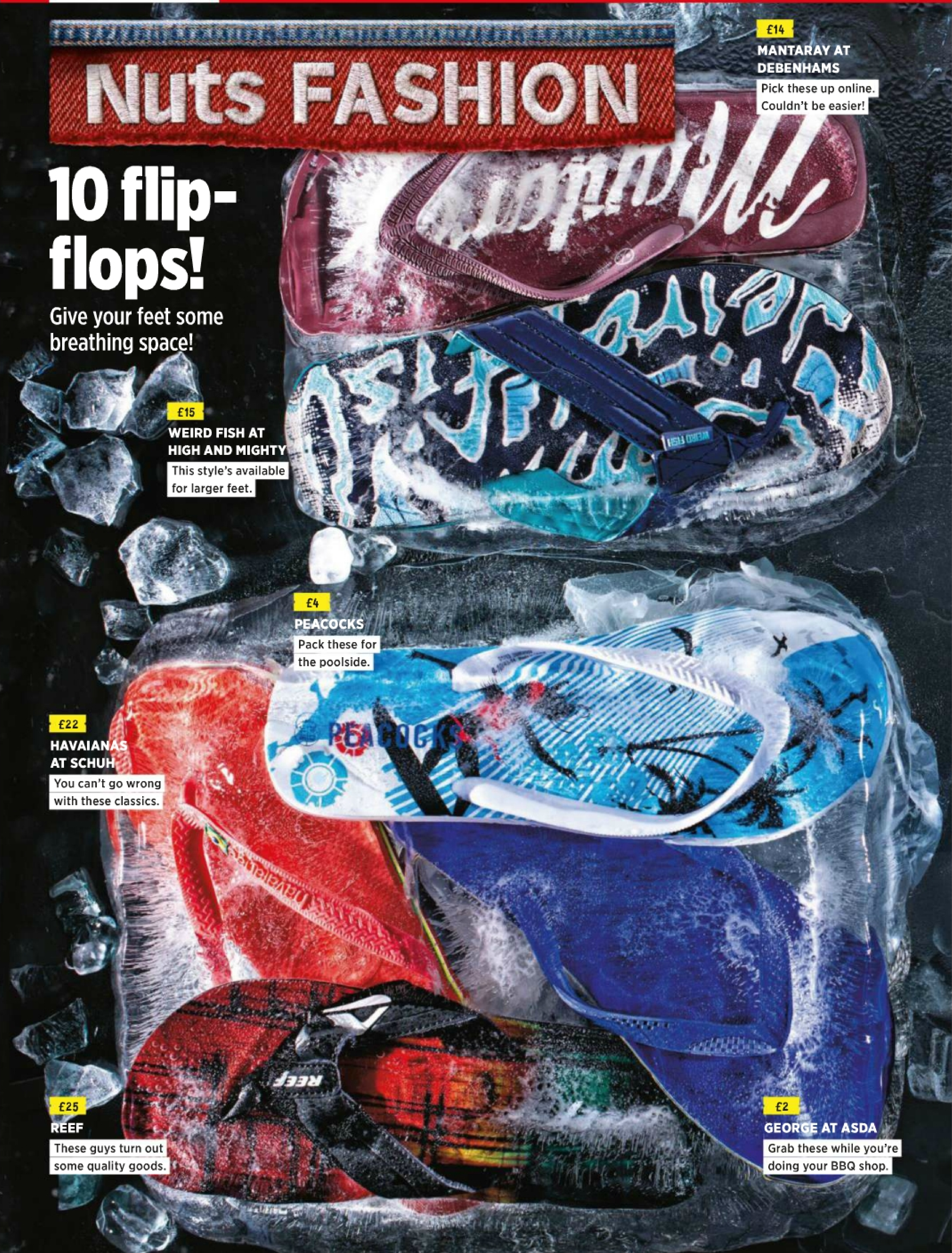
gambleaware.co.uk Nuts GAMES 18

Nuts FASHION

10 flip-flops!

Give your feet some breathing space!



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Cool down those stinky trainer-feet with a couple of squirts.

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Use this handy stick twice a day for a quick cure.

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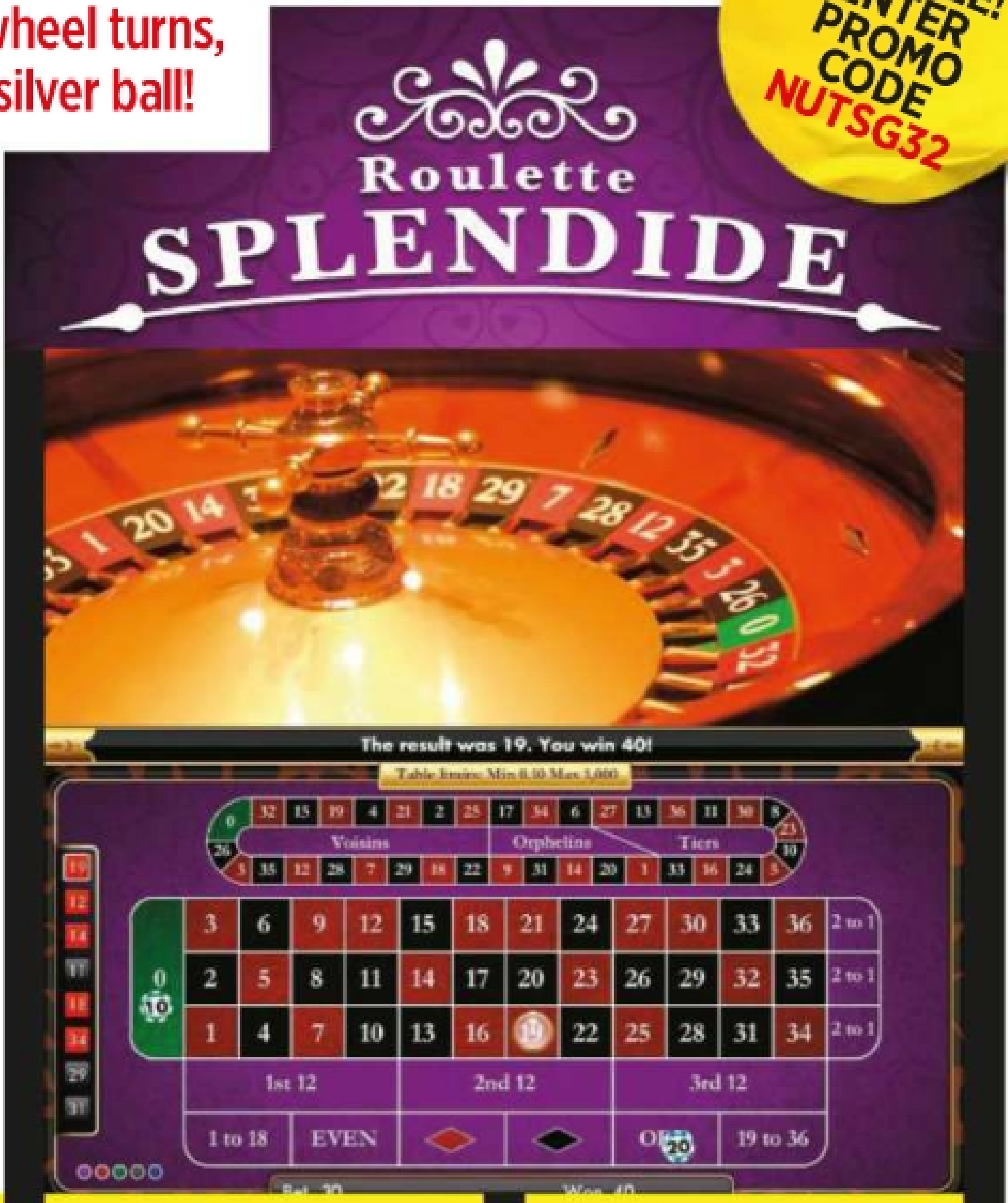
- **Orphelins covers all numbers not covered by Voisins or Tiers. A bet will include five wagers.**

WHERE TO PLAY

- Find Roulette Splendide at nutsgames.co.uk. If you're new to the site, you can get a 250 per cent welcome bonus.*



Rob R won £15,523!

on Multihand Blackjack

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Anne won £2,791!

on Roulette Splendide

"I've been a member for about three months now, and I won £2,791 on Roulette!"

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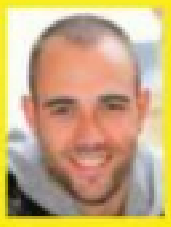
on Roulette Splendide



"I usually win a little bit but this time the ball just kept on landing on my numbers!"

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Nuts GAMES gambleaware.co.uk 18

Nuts GEAR

1 Nexus 7

play.google.com/store

Nuts says: Google's new tablet is the first seven-incher to pack in a high-def screen (take that, iPad Mini!) and features the all-new Android operating system and wireless charging. Good price!

£200

SIZE ZERO HEROES!
The Nexus 7 is 8.65mm thick, compared to the iPad Mini's 7.2mm.

2 Sky Now TV box

nowtv.com

Nuts says: Sky's box which, for a tenner, plumbs t'internets to your telly in HD to stream catch-up TV like BBC iPlayer, and pay-per-view Sky content like sports and films.

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WEB TV
It'll stream stuff like Spotify, Facebook and Flickr content.

3 Lytro camera

www.lytro.com

Nuts says: Swish snapper uses "light field" tech, so your picture includes every level of focus. View pics online and you can move the focus forwards and backwards in the snap.

£400

ON-SCREEN VIEWING
Share and view your snaps on an app via Wi-Fi from the camera.

4 Beats Studio headphones

uk.beatsbydre.com

Nuts says: New flagship Beats feature better noise-cancelling. They also don't have straight lines or screws but do boast improved acoustics. Result!

£270

CHARGE AND GO
A rechargeable battery replaces the expensive old AAAs. About time.

WORDS: RORY BUCKERIDGE

Nuts REAL GIRLS

"I once got frisky at the top of a mountain!"

BEDROOM BABE!

You voted, she won, we took the pics!

"People love my natural 30DD boobs!"

The Pic she sent us!

Danielle

24 **Glasgow**

Boobs: 30DD

Turn-ons: "A gent who knows how to be sexy!"

Favourite position: "Me on top. I like the control!"

Turn to vote for our next Bedroom Babe!

NUTS PROMOTION

Nuts HOT DATES

FREE TO JOIN!

"Make an effort with appearance!"
Kaylee

Kaylee

19, Billericay

What's your ideal first date?
Something different like the zoo or playing golf. Dress to impress, too!

What's the worst chat-up line you've heard?
Someone said to me, "Let's bypass all the bullsh*t and just get naked." I was shocked!

How could a bloke impress you with just £5?
If it's his last £5 he should just spend it on some petrol to get to my house!

What are your best features?
My eyes. I love my blue eyes.

Turn-ons?
Confidence. Tall, dark and handsome wouldn't go amiss either!

Turn-offs?
Men who lack intelligence, or someone too quiet so I end up talking too much!

Tips from a Bedroom Babe!

For your chance to meet hot girls, go to *Nuts* Hot Dates NOW!

Nuts Hot Dates will help you find your ultimate girl – whether you're just after a bit of flirty fun or if you're looking for something more serious. Need more reasons to join today? Read on...

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- **Signing up is easy, and you can even log in with Facebook connect!**

Sophie's Profile
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king for romance an
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WWW.NUTS.CO.UK/DATING

BEDROOM BABE
VOTE!

Pick your winner – and she'll star in *Nuts*!

Hannah

21 **Nottingham**

"I've got loads of really sexy underwear!"

Sophie

20 **Devon**

"I've been told I've got a seductive smile!"

Ashlie

21 **Wigan**

"Stockings and suspenders make things sexier!"

Jenny

22 **Derby**

"I'm an awesome skater!"

Vote now!

The winner gets her own Bedroom Babes shoot in a future issue of Nuts!

Choose the girl you think is the hottest, go to **www.nuts.co.uk/girls**, click on the "Bedroom Babes" bit and vote for her. Simple!

Ladies! Send your photos to **Real Girls UK, Nuts, 9th Floor, IPC Inspire, the Blue Fin Building, 110 Southwark Street, London SE1 0SU**. Or email **nutsgirls@ipcmedia.com**. You must be over 18.

PAGES 60-61: PHOTOS: NADIA KING STYLING: SARAH COOK HAIR & MAKE-UP: SAM CAREW

10 RUDE QUESTIONS!

And a real girl to answer them!

Lesley Rose

22 Leeds

1 Where's the strangest place you've had sex?
"A hottie I know recently went on a band tour and played at venues all around the UK. Having not seen him for a few weeks, I was excited and dragged him into the disabled toilets of a student union bar in the north. The staff had a good giggle about it!"

2 What's your trademark move in the bedroom?
"Trademark move! Well, let's just say mouths aren't just good for talking. Ha-ha! Need I go on?"

3 What really turns you on?
"Confidence and adventurousness in the bedroom, definitely. I'm quite a confident person, so someone who can match my confidence is definitely a huge turn-on for me. Have the handcuffs ready, boys!"

4 What's your favourite position?
"Definitely me on top. That's a huge turn-on for me. Nobody's ever done it, so I always take the lead. I like to show my body off so you'll be in for a treat when you have a night with me."

5 Is it better to give or receive?
"I could give all day and all night. I'm strange like that. I guess you could say it's a bit of a quirk I have. The last guy I was seeing got frustrated by it because I constantly did it and he didn't get to!"

6 What one thing would you like to try but haven't yet?
"Sex on a train. Those long journeys need something to break them up. I think it would be a bit like the mile-high club except not as glamorous, but I'm still up for giving it a go. Anyone want to join me?"

7 Ever got it on with a girl?
"Last year, I went on a night out with my friend and somehow turned lesbian for the night! I declared my undying love for her and fell asleep in her bed. Only boob groping happened but we've never mentioned it since."

8 What's your sexy outfit of choice?
"Probably a sexy police officer, just so I can say to a very naughty boy, 'You have the right to remain silent,' right before I have my wicked way with him. I'm sure that would be an arresting sight!"

PHOTOS: PAUL MUSSO

10 **What's the rudest thing you've ever done?**

"I once filmed a striptease video for an ex. I'd never even been to a strip club before and didn't know what I was doing, but it looked awesome and certainly did the trick!"

9 **Have you ever made a sex tape?**

"Yes! And my ex still has it and apparently regularly watches it. It was a good few years ago though. Very naughty!"

Nuts

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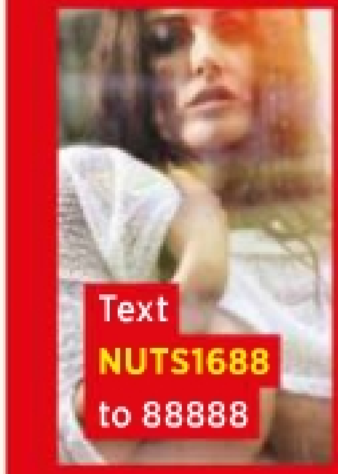

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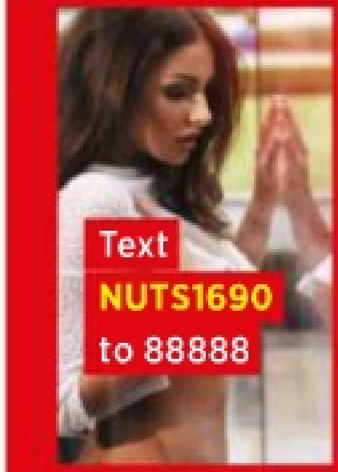

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Nuts REAL GIRLS

SHARE WITH OUR SECRETARY!

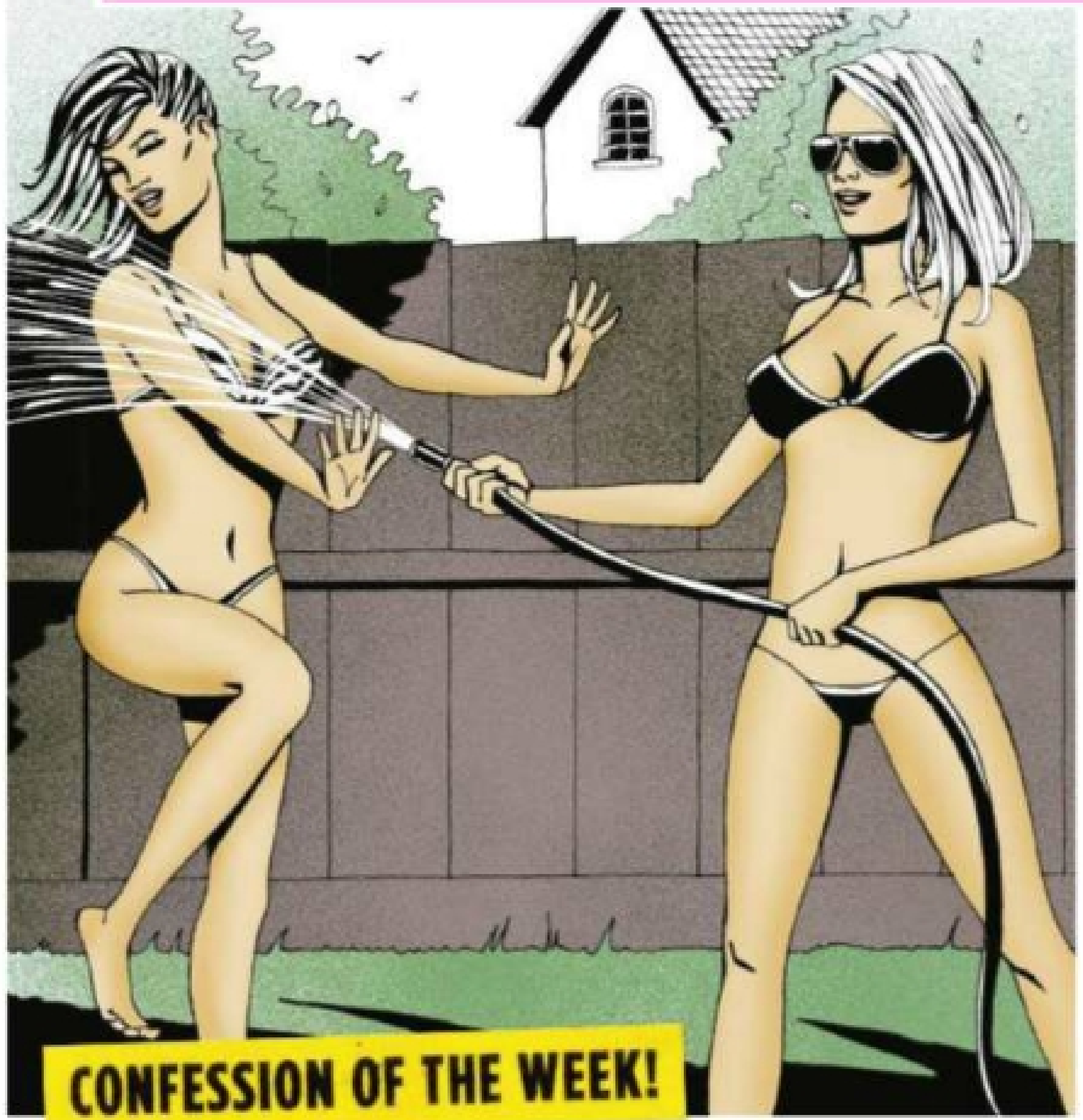
Ladies, got a saucy secret you can't keep to yourself? Send your sexy story to our Lou!

ONLY IN Nuts!

LADIES CONFESS!

TO OUR SECRETARY!☛

Racy revelations from our female readers!



CONFESSION OF THE WEEK!

'We romped at the BBQ'

MY LESBIAN neighbours invited me to their barbie last weekend. It was packed with sexy women and after several jugs of Pimms, things got a bit fruity. The hosts started taking their clothes off and someone dared me to flash my boobs. Soon, all the girls were topless. One girl grabbed the garden hose and then the real fun began – loads of wet, half-naked girls rolling around on the lawn. Incredible! There were more dares that night and it got much ruder. Let's just say that I hope the other neighbours weren't watching!

Lisa Essex

'Our spooky, sexy night'

OVER THE last few weeks I've been seeing this bloke, and we both love the thrill of outdoor sex – we've already enjoyed it in many locations around our local area. There's this deserted old house near us, which everyone always says is haunted, so we decided to sneak in there one night for some fun. I felt a little scared at first, but holding onto his beefy arm and seeing the glint in his eye quickly made me feel quite saucy. Once inside, and after some intense snogging, his hand went up my top – he then pulled my breast from my bra with one hand and started sucking my nipple. I put my hand in his pants and rubbed him hard, and he returned the favour – it felt so naughty! He quickly whipped on a condom and there we were, having really exciting sex in the dark – in a run-down, derelict mansion. It no longer gives me the creeps when I walk past it, anyway!

Jo Nottingham

'Housemate surprised me'

I'VE BEEN staying with some friends recently while doing an internship in another town. One evening, I was lying on my bed after a shower, squeezing my nipple with one hand and using my fingers on myself with the other. I assumed everyone was out, so imagine my surprise when one of the lads opened the door and found me with my hands between my legs! I'd always had a secret crush on him, so I asked him to join me, unbuttoned his jeans and we got down to some serious fun!

Alex Hull

'The ride of my life'

THE HOT weather we've had this summer has been fantastic, so most evenings after work, I go for a bike ride around the country lanes where I live. One night last week, I headed out wearing a sexy summer skirt and low-cut top. I flew along at speed, feeling the wind around my body. As I rode, the bumps in the road bounced my breasts in my top, making my nipples rub against my bra. Also the bike saddle was vibrating against my crotch. Soon, I was grinding over the seat, moaning with pleasure. I rode over a cobbled path and the vibrations were so hard, I brought myself close to orgasm! I hopped off the bike, found a quiet spot and played with myself until I came. I felt very naughty but it was well worth it!

Tamara Epping

Win £50!

Ladies, send your raunchiest confessions to **louise_prior@ipcmedia.com** or to the address on page 66. The best one each week* wins £50! Come on, girls!

JOIN NUTS HOT DATES AND MEET HOT SINGLE GIRLS AT WWW.NUTS.CO.UK/HOTDATE

ILLUSTRATION: NICK PURSER/FOLIO ART *EDITOR'S DECISION IS FINAL. TERMS & CONDITIONS ON PAGE 66 APPLY

COMMUNITY SHIELD SPECIAL!

Van Persie: 'I'll never be satisfied!'

The Man United ace vows he won't stop scoring!

Hi Robin! What's the dressing room like without Sir Alex Ferguson running the show?
Sir Alex is a huge presence but already the new manager has come in and impressed everybody greatly. Things are different but the same, if you see what I mean. There's a new coaching set-up but the attitude of the players remains identical.

But do you think other clubs see Sir Alex's retirement as an opportunity to knock United off their perch?
Maybe they do, maybe they don't – people can think what they like. We'll work harder than ever to reach our targets, that's a certainty. I believe the quality of the opposition will be even stronger this season so it's up to us as a group of players to always improve. We'll do this.

How's new manager David Moyes coming across?
It's been great, very enjoyable. You can see in his eyes and everything he does that he's focused on continuing the great work here. The aim will be to win the title again and even more trophies.

Last season couldn't have gone much better for you.
To come here after being at Arsenal for so long was a big decision, and thankfully it worked out very well for me. I got to work with a great manager in his final season, play with some great, great players, score goals and win the Premier League. That was the dream and it came true.

So, it's job done then!
No way! I'm even hungrier this season than I was last season. Of course, I was delighted when we won the title but there was a bit of relief in my emotions too. I'd waited so long to reach that level and was desperate for it to happen. Now I have one title, I want more. It's an incredible feeling to know you've won one of the most difficult football competitions in the world. I need that feeling again!

"You're squeezing the life out of that ball, Robin – it's gone blue!"

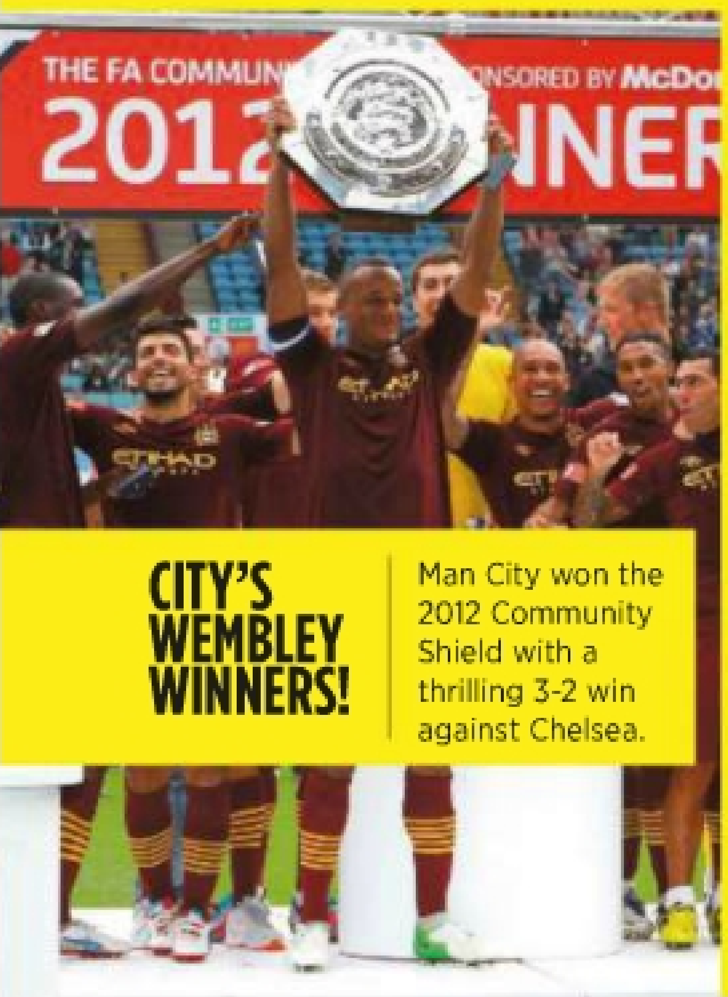
Would you say you're making up for lost time?
I'm just committed to always improving. I should be coming to an age where I'm playing my best football so I want to score more goals, play better for the team and win trophies. I'm never satisfied. This is a big year for me with all the silverware we have a chance of winning and also the build-up to the World Cup.

Why do you think Man United are so well-equipped to win the Premier League?
The quality's there, of course – so many great players. But this is also a team of champions. Whatever the different characters or what countries they come from, they all have the same mentality. They know they must win and appreciate what it means to play for Man United. It's an honour and with it comes a responsibility to be a successful team. I know we won't let the fans down.

What did you know about Moyes before he joined?
I knew he was a good manager who did an excellent job at Everton. His teams were always mentally strong and united, which is hard to play against. Now we can see his abilities and positive approach in training. I can say already that I'm going to enjoy working with him.

What will be United's approach under Moyes?
The same as it always been, I think. Hard work. Everything comes from this. We have many talented players but this means nothing if the desire to improve isn't there. We're fortunate in this respect.

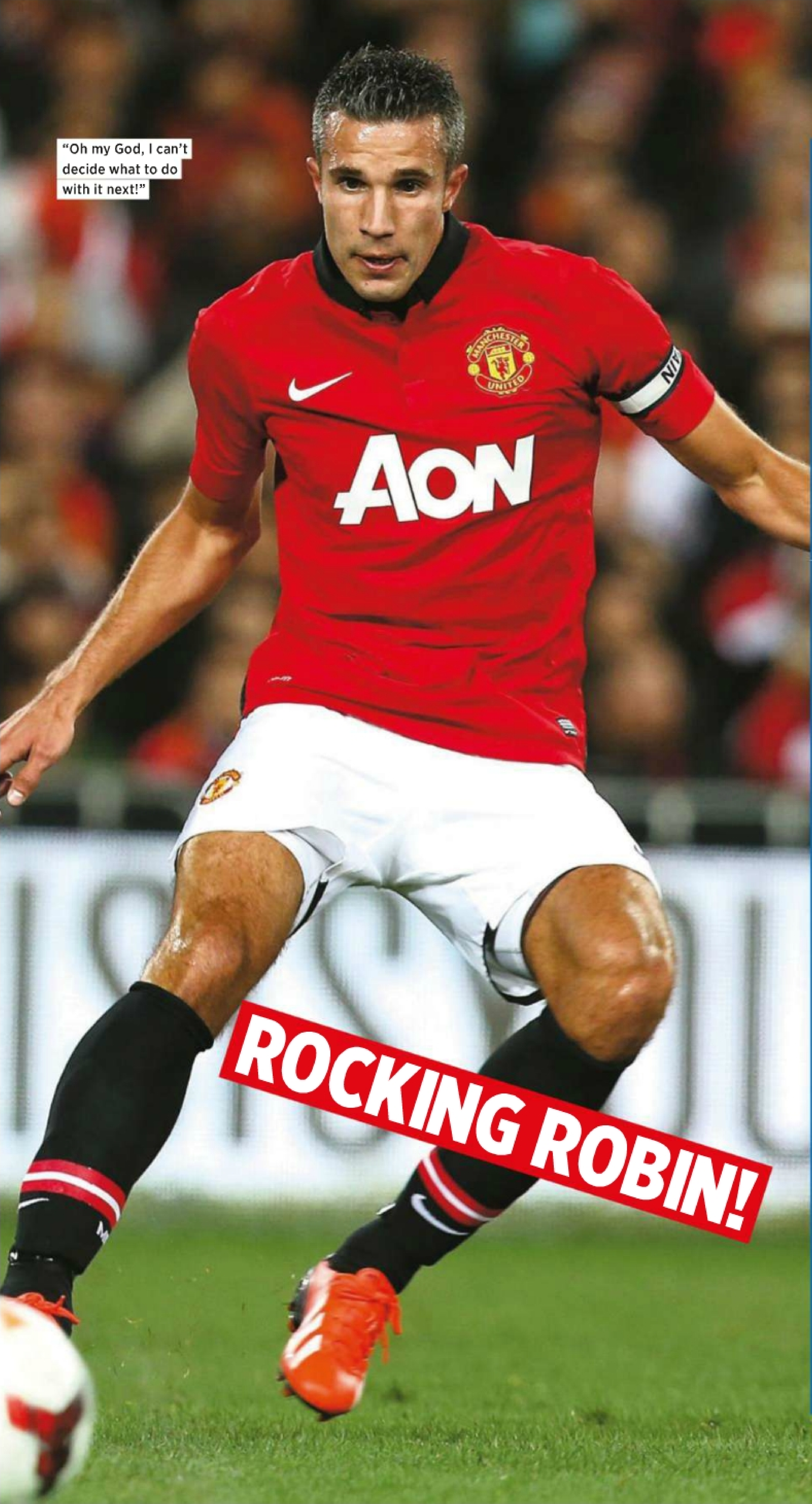
- The Community Shield, Man United vs Wigan, Sun 11 August, 2pm, ITV/HD.



CITY'S WEMBLEY WINNERS!

Man City won the 2012 Community Shield with a thrilling 3-2 win against Chelsea.

PHOTOS: PA PHOTOS, GETTY IMAGES, ACTION IMAGES



"Oh my God, I can't decide what to do with it next!"

ROCKING ROBIN!

Holt: 'We're in it to win it!'

The hitman on Wigan's mission impossible!

Hi Grant! Why have you left the Premier League to join relegated Wigan?
I was just impressed with what I heard and I fancied a new challenge. The manager [Owen Coyle] has big plans. Yes, Norwich is a great club, but sometimes you need to freshen things up. Also the opportunity to play in the Europa League was a real pull, obviously.

Weren't you happy at Norwich?
I had a fantastic four years and have some great memories. I just needed a new chapter.

What can you bring to Wigan Athletic?
Goals, hopefully! I've scored regularly through my career so I see no reason why this won't happen. Wigan are ambitious to get their Premier League status back and I'm delighted to be part of that journey.

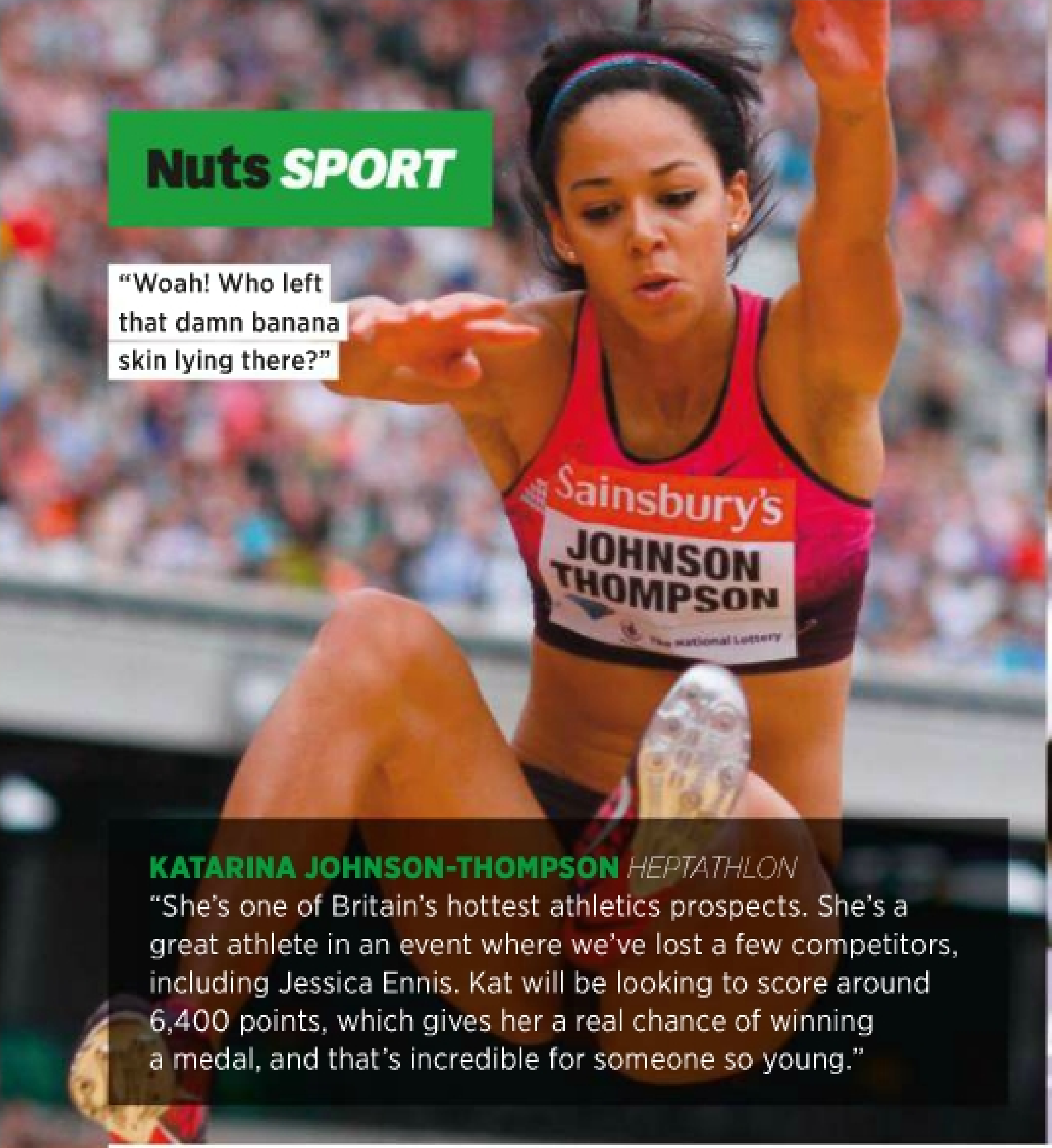
Will you enjoy your underdog status in the Community Shield?
Of course, we've got nothing to lose but we'll be going out to win the thing – I can't wait!

Greg Rutherford's World Champs guide!

Olympic gold medalist Greg Rutherford gives his insider's knowledge on Team GB's medal hopes in Moscow!

SUPER JUMPER!

Long-jumper Greg won the gold medal at the London 2012 Olympics with a jump of 8.31 metres.



"Woah! Who left that damn banana skin lying there?"

KATARINA JOHNSON-THOMPSON *HEPTATHLON*

"She's one of Britain's hottest athletics prospects. She's a great athlete in an event where we've lost a few competitors, including Jessica Ennis. Kat will be looking to score around 6,400 points, which gives her a real chance of winning a medal, and that's incredible for someone so young."

"Let's see if I can hold my breath all the way round..."

ASHA PHILIP *100M AND RELAY*

"Good old Ash! She's a fantastic character. She's had a shocking injury but now is really starting to tap into her talents and will be involved in what looks like a very special girls' relay team. If she can rise to the occasion, we could see her do incredibly well."

"Neeeeeee-ow! Look at me, I'm a Red Arrow!"

JAMES DASAOLU *100M*

"James is really starting to show some talent. He's at a new level, running 9.91 seconds at the trials [making him the second-fastest Briton ever]. If he can show his brilliance, he'll be in for a medal, especially with Blake, Gay and Powell all out due to their failed drugs tests."

"Out of my way! Need to get to the bathroom before I barf!"

PERRI SHAKES-DRAYTON *400M HURDLES*

"Perri is one of our biggest talents, she's running 400 metres like there's no tomorrow, and her flat speed is just out of this world for a hurdler. Her Diamond League form and success in the Indoor Championships [gold in the individual 400m and 4x400m relay], makes her a great prospect for a medal."

"Tra-la-laa! How
I love to skip gaily
through the meadows"

GREG RUTHERFORD *LONG JUMP*

"It's looking good for me. I'm coming back from a hamstring injury but training is going well and I've been in the mix at every event this year. I'll be going to Russia looking to win and give my absolute all. After last year and the competitions this year, I feel I'm in a really good position to compete."

"Argh! My Prince
Albert's snagged
on my shorts!"

DWAIN CHAMBERS *100M*

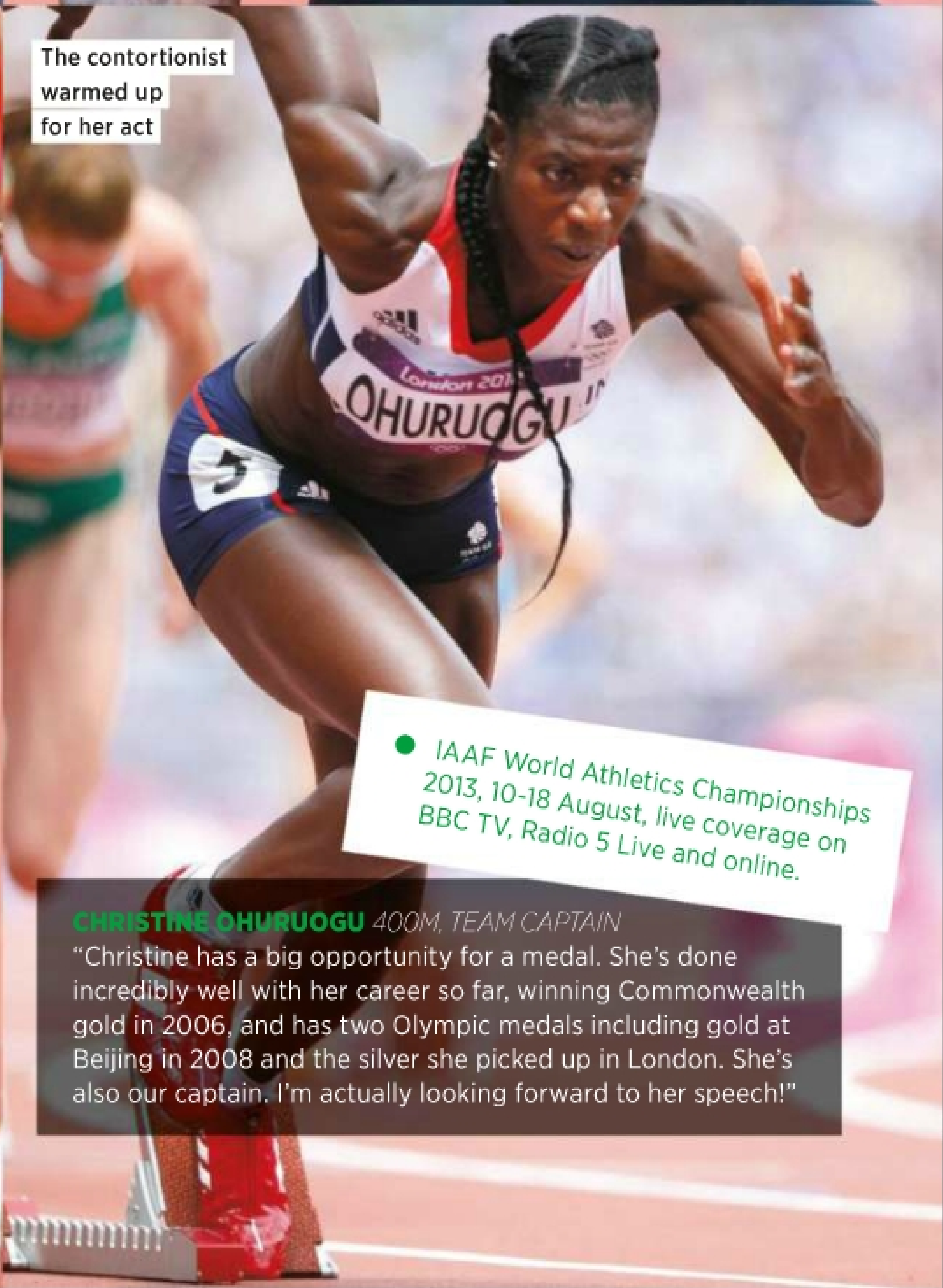
"Dwain won the trials with a 10.04 and can really mix it up to put himself in the medal positions. He ran a 10.09 in the previous World Championships when Bolt false-started, and we may just see him run a sub-ten-second race, which gives him a great chance for a medal."

"Come back!
I only wanted
a hug!"

MO FARAH *5,000M AND 10,000M*

"Mo's performances speak for themselves, he's doing some incredible things at the moment. He dropped down to 1,500m and broke Steve Cram's long-standing British record. That's massive! In Mo's two events, the 5,000m and 10,000m, we could well be seeing him running away with two titles again."

PHOTO: REX FEATURES, ACTION IMAGES



The contortionist
warmed up
for her act

● IAAF World Athletics Championships 2013, 10-18 August, live coverage on BBC TV, Radio 5 Live and online.

CHRISTINE OHURUOGU *400M, TEAM CAPTAIN*

"Christine has a big opportunity for a medal. She's done incredibly well with her career so far, winning Commonwealth gold in 2006, and has two Olympic medals including gold at Beijing in 2008 and the silver she picked up in London. She's also our captain. I'm actually looking forward to her speech!"

KAMMY!

He's the voice of the fans – and he's only in *Nuts*!

"Real Madrid? Hang on, I'll just pinch myself"

Bale's off to sunny Spain!

Gareth will already be packing his bags!

GARETH BALE leaving Spurs to join Real Madrid looks inevitable to me now. It's been in the papers for too many days for this one to die on the vine.

Real Madrid's offer is like nothing we've seen since Cristiano Ronaldo went to the Bernabéu for £80million, with Man United deciding they had to let him leave partly because the player wanted to leave and partly because of the size of the fee.

At the time of writing, the fee for Bale looks like being even more than they paid for Ronaldo, so it's mind-blowing in every way.

Gareth could stay – if he did, it would be great for the Premier League and British football – but the chance to join Real Madrid is one you just don't turn down. I think he'll already be packing his bags.

"A win? Yeah, I got a royal flush!"

Oh, Papiss, what on earth were you playing at?

POOR OLD Papiss Cissé has been exposed! He has beliefs, much the same as everyone has beliefs, and he believed his community wouldn't be happy if he wore a shirt bearing the name of a payday loans company as sponsor.

That's all well and good, but a photo then emerged of him at a poker table in a casino, so perhaps those beliefs aren't rock-solid after all.

This all seems a bit daft to me. I thought footballers were paid to play football and clubs paid to make sponsorship decisions. I don't want to be a dinosaur, but this just wouldn't have happened in my day. You would have just got on with it. How times change.

RIP, Chucho

I COULDN'T believe it when I saw the news about the sad death of the former Birmingham City striker Christian Benitez. Once again, a footballer's life has been cut down in its prime. He was just 27.

Birmingham have reacted with great kindness and dignity and, like them, my thoughts go out to the family of the man we all knew as "Chucho".

Christian Benitez, who died last week

PHOTOS: ACTION IMAGES

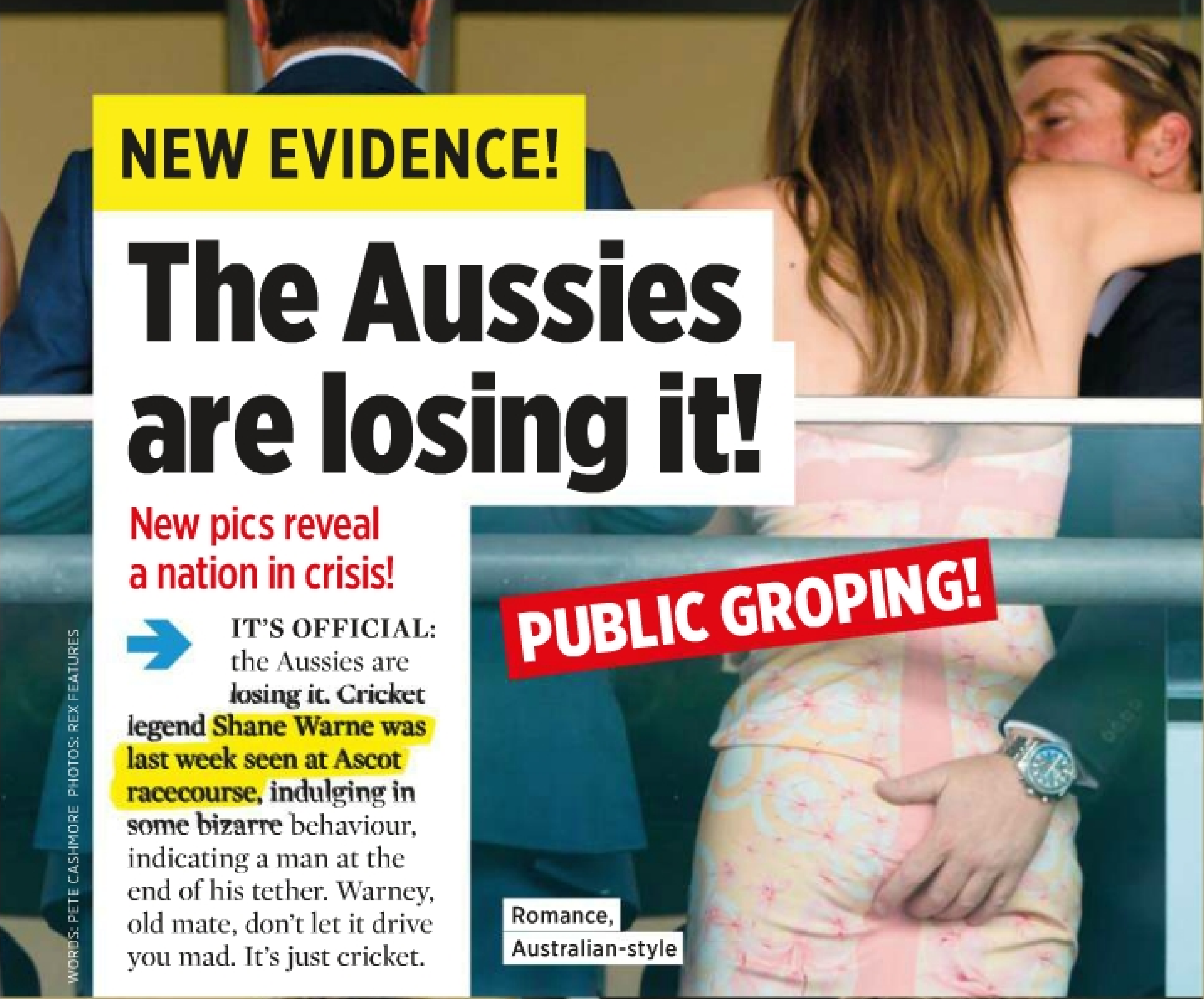
NEW EVIDENCE!

The Aussies are losing it!

New pics reveal a nation in crisis!

WORDS: PETE CASHMORE PHOTOS: REX FEATURES

IT'S OFFICIAL: the Aussies are losing it. Cricket legend Shane Warne was last week seen at Ascot racecourse, indulging in some bizarre behaviour, indicating a man at the end of his tether. Warney, old mate, don't let it drive you mad. It's just cricket.


PUBLIC GROPING!

Romance, Australian-style

"Ha-ha-ha! Stop that, Shane. Stop that *now*!"

"Mmmfff"

"I just can't get this vuvuzela to work"

The adult movie audition was going well

"Damn, I think it might be stuck!"

He hadn't quite grasped the meaning of "drinking problem"

"He-he! This is sure to impress Liz. I think"

In Australia, this man is considered a sex symbol

Romance, Australia-style – part two

"Yeah, well I say my hair's stylish and chic!"

"So, what do you think of the Aussie squad, Shane?"

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WHO ARE YA!?

Premier League ahoy? Footy expert **Gabriele Marcotti** on this week's transfer talk!

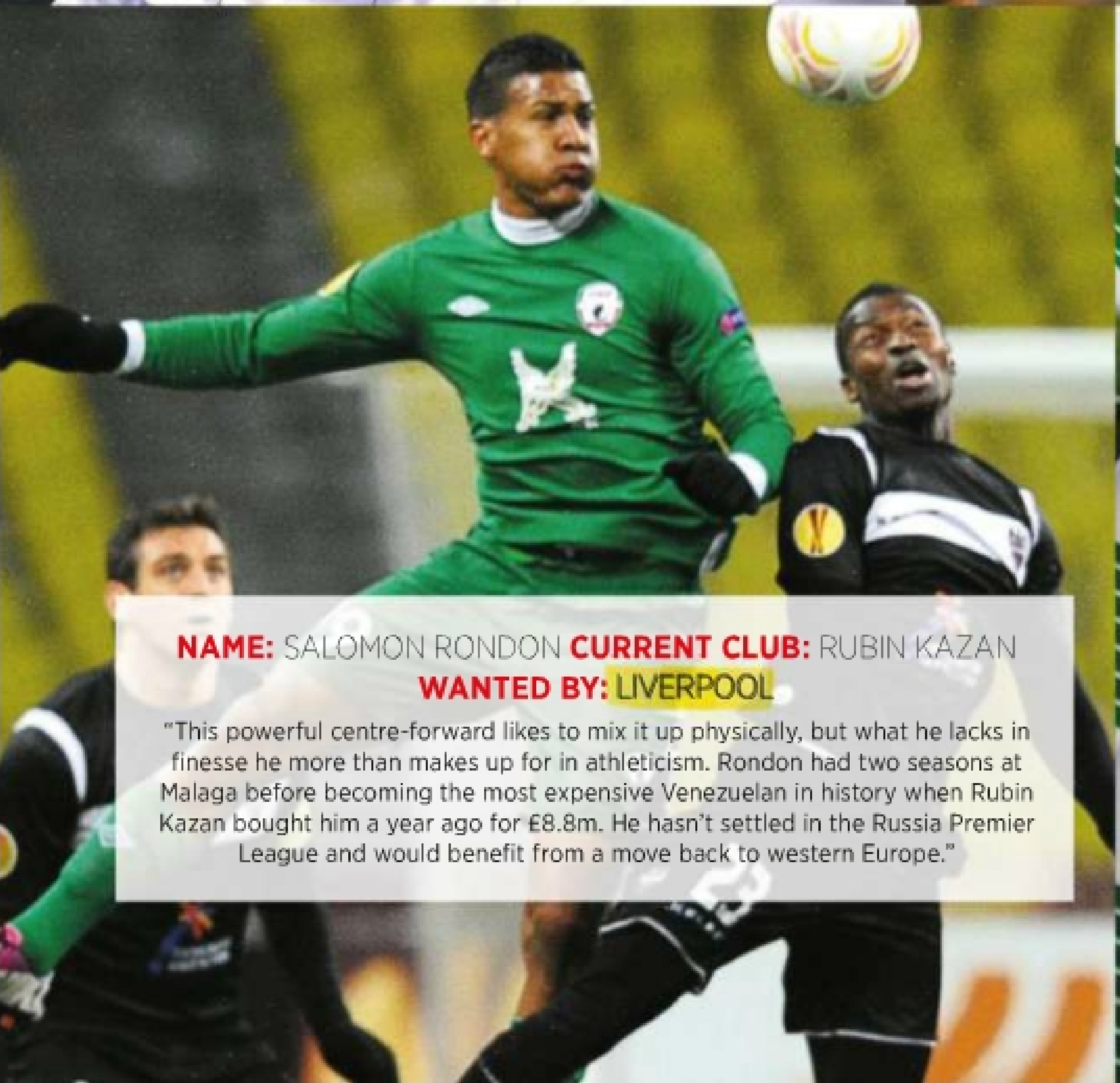
NAME: ROBERTO SOLDADO **SIGNED FROM:** VALENCIA
NEW CLUB: TOTTENHAM

"The phrase 'natural goal-scorer' could have been made for him. Soldado is the classic penalty box predator, feed him and he'll reward you with goals. This Spanish Robbie Fowler came through the ranks at Real Madrid but failed to make the grade. He bounced back with Getafe, before ending up at Valencia, where he notched 59 La Liga goals in 88 starts over three years."

NAME: LORENZO MELGAREJO **CURRENT CLUB:** BENFICA
WANTED BY: LIVERPOOL

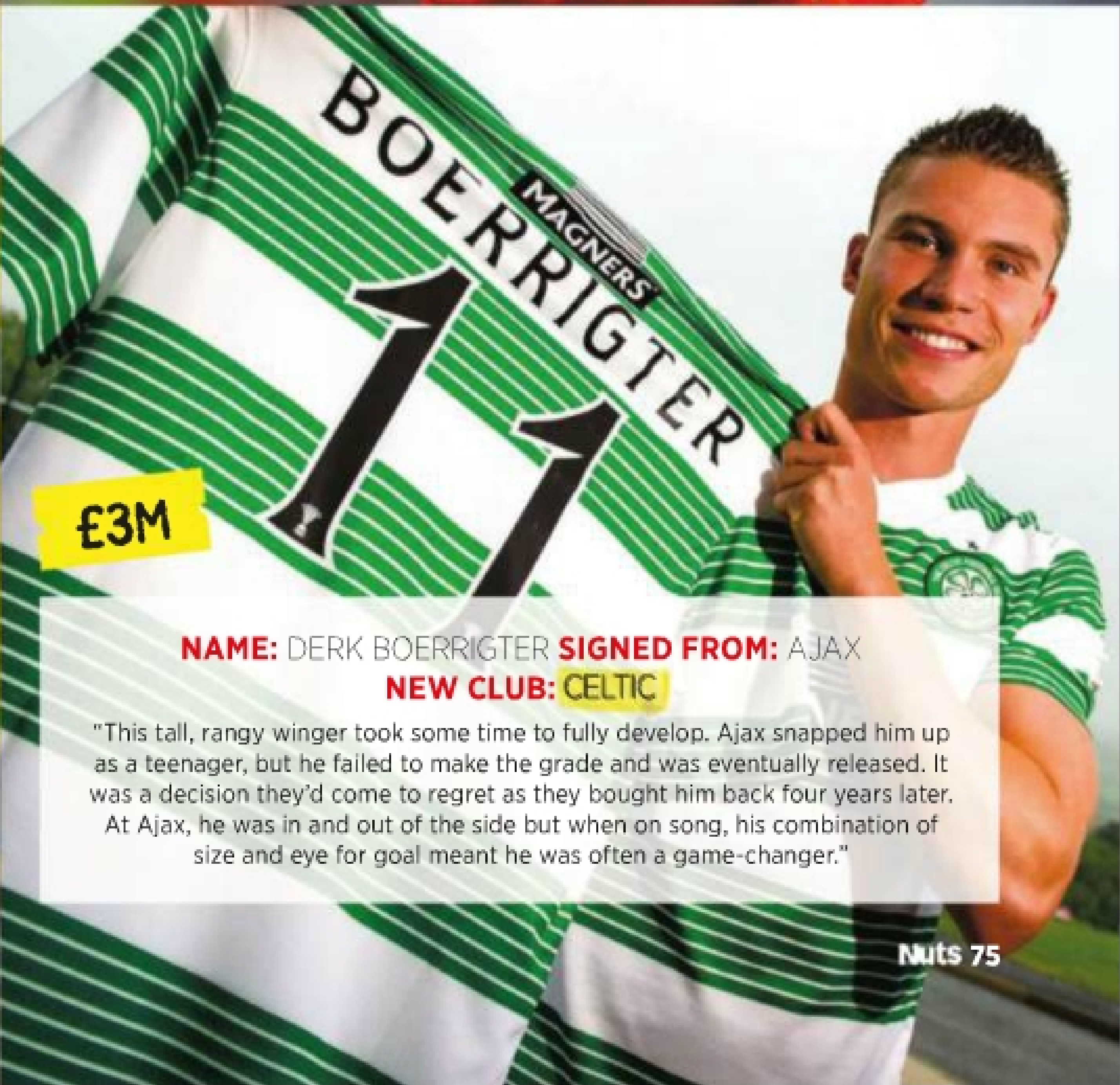
"A winger turned left-back who often looks better going forward than defending, it will be curious to see how Brendan Rodgers views Melgarejo. He's quick and can beat a man on the outside, but has also had success on the right wing, coming inside to wreak havoc. At 22, you feel his best is yet to come, as long as he can develop the defensive side of his game."

PHOTOS: ACTION IMAGES, SNS, GETTY IMAGES



NAME: SALOMON RONDON **CURRENT CLUB:** RUBIN KAZAN
WANTED BY: LIVERPOOL

"This powerful centre-forward likes to mix it up physically, but what he lacks in finesse he more than makes up for in athleticism. Rondon had two seasons at Malaga before becoming the most expensive Venezuelan in history when Rubin Kazan bought him a year ago for £8.8m. He hasn't settled in the Russia Premier League and would benefit from a move back to western Europe."



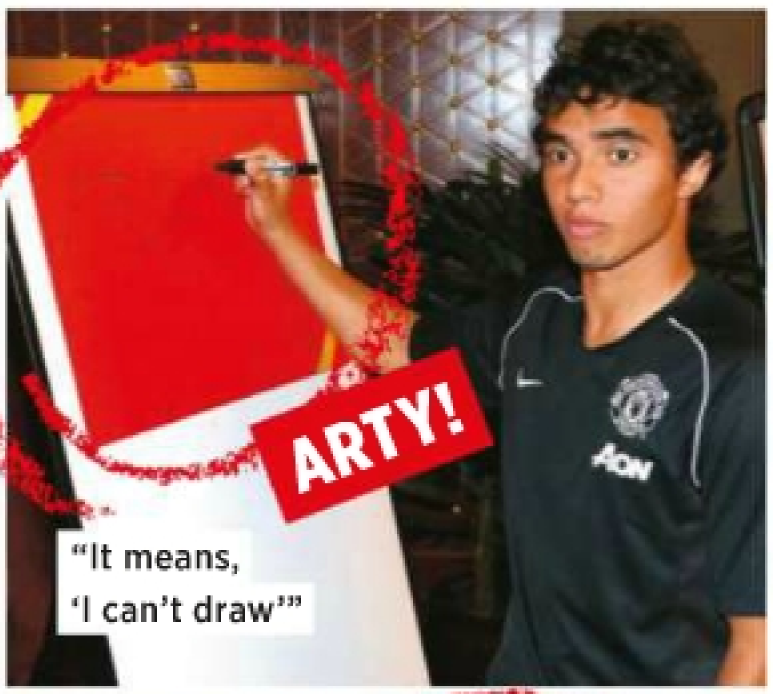
NAME: DERK BOERRIGTER **SIGNED FROM:** AJAX
NEW CLUB: CELTIC

"This tall, rangy winger took some time to fully develop. Ajax snapped him up as a teenager, but he failed to make the grade and was eventually released. It was a decision they'd come to regret as they bought him back four years later. At Ajax, he was in and out of the side but when on song, his combination of size and eye for goal meant he was often a game-changer."

RING OF TRUTH!

ONLY IN Nuts!

Sport seen through the *Nuts* comedy glasses!



"It means, 'I can't draw'"

"Look into the eyes, not around the eyes!"

STRIPE GRIPE!

"Javier, that shirt looks dreadful on you!"

"Boys, we're like headless chickens out there!"

"Just the bloke – I need a new target man!"

MAN-LOVE CORNER!

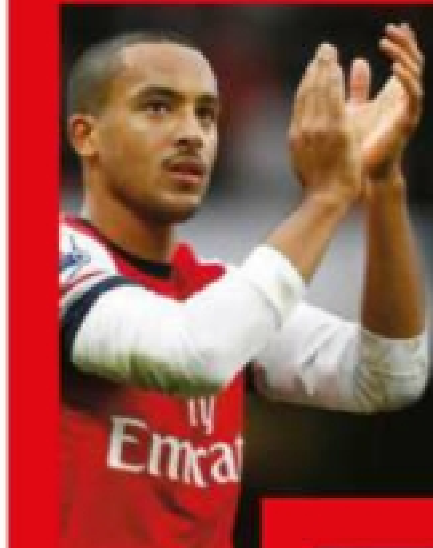
"Score, right in the strike zone!"

"Pucker up, I'm coming in for the kill!"

"Let me get a closer look at that lovely beard!"

“Quote me on that!”

This week’s biggest match debaters!

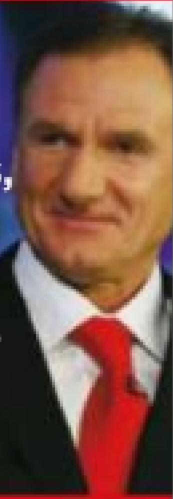


“We mustn’t lose what we’re looking for”

You can’t lose what you haven’t got, Theo Walcott.

“I like to buy nice perfumes and hair products. I also shave my legs”

Something to tell us, Neymar?

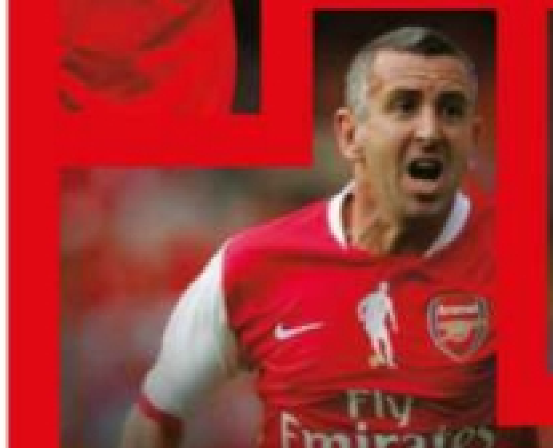


“It’s all about one thing – the game and results, and positive results at that”

So, not one thing, Phil Thompson.

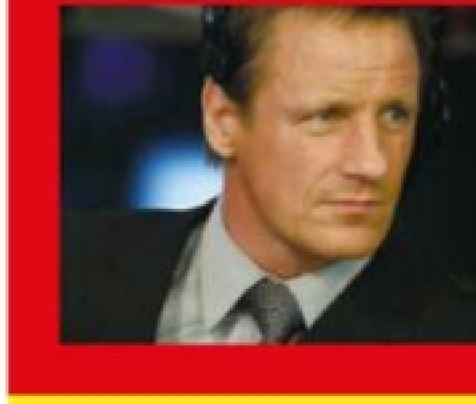
“Real Madrid can eat any offer for Ronaldo”

Really, Jose Mourinho?



“Arsenal have a fantastic chance of winning it – I’d say a 50 per cent chance.”

50-50 isn’t fantastic, Nigel Winterburn.



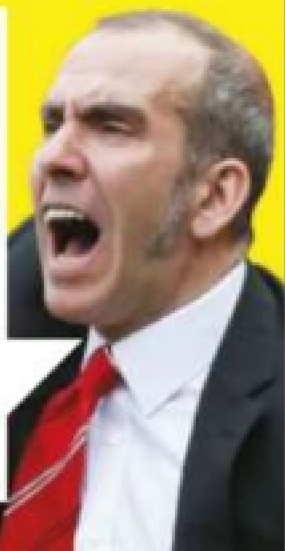
“You’d have to say that Man City’s target is a target”

Paul Walsh targets the obvious.

“I’m not sure Thiago’s prepared to hit everyone in the eye”

Glenn Hoddle on Bayern’s boxer.

OO-ER SOUNDS A BIT RUDE CORNER!



“Wes Brown told me, ‘I feel a footballer’”

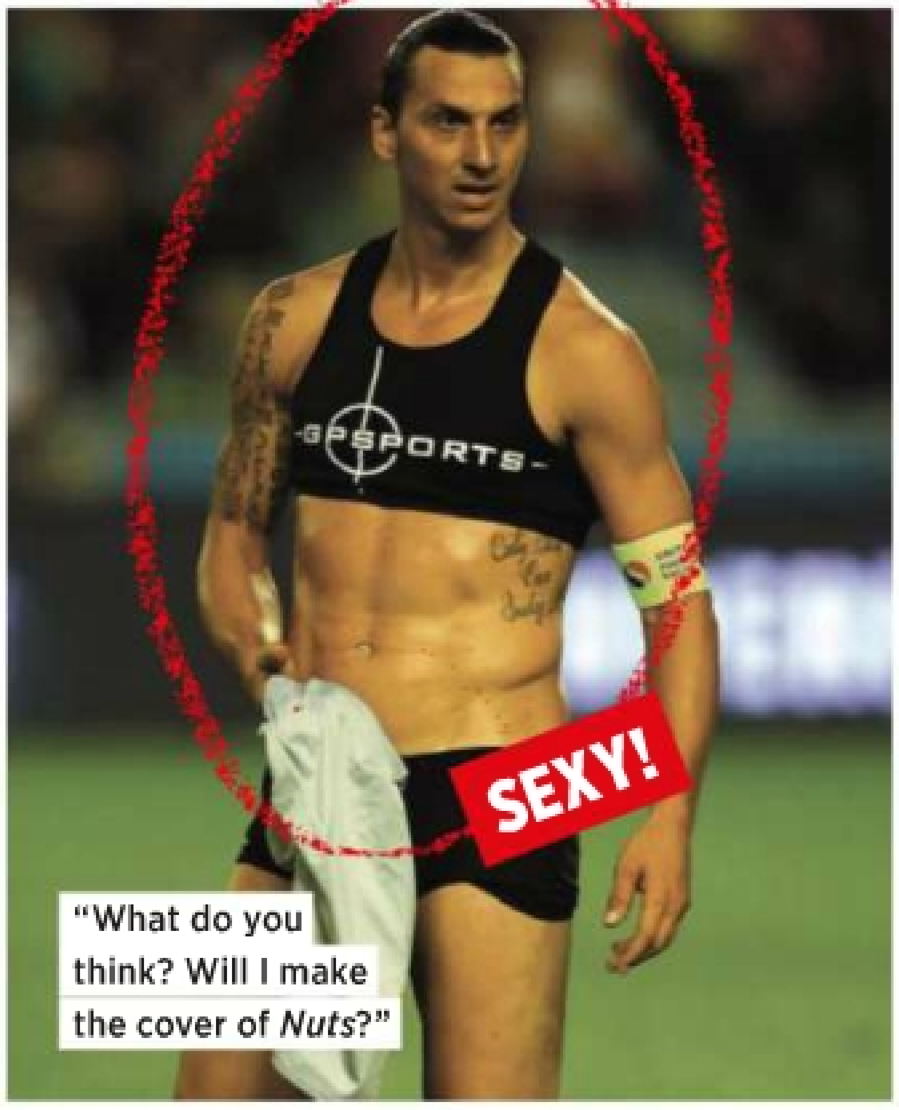
But Paolo Di Canio isn’t letting on who the footballer is.

“At Wimbledon, Andy Murray kept it hard and long”

Andrew Castle on Britain’s impressive performer.

“Elodie Thomis wants the balls in behind”

Sue Smith on the greedy French women’s striker.



“What do you think? Will I make the cover of *Nuts*?”

“You don’t get hair like mine by running around!”

“I was never any good at Simon Says!”

“Mo, you’re not really a robot!”

WORDS: JOE BARNES. QUOTES COMPILED BY: GRAHAM WRAY
PHOTOS: ACTION IMAGES, GETTY IMAGES, PA PHOTOS, REX FEATURES

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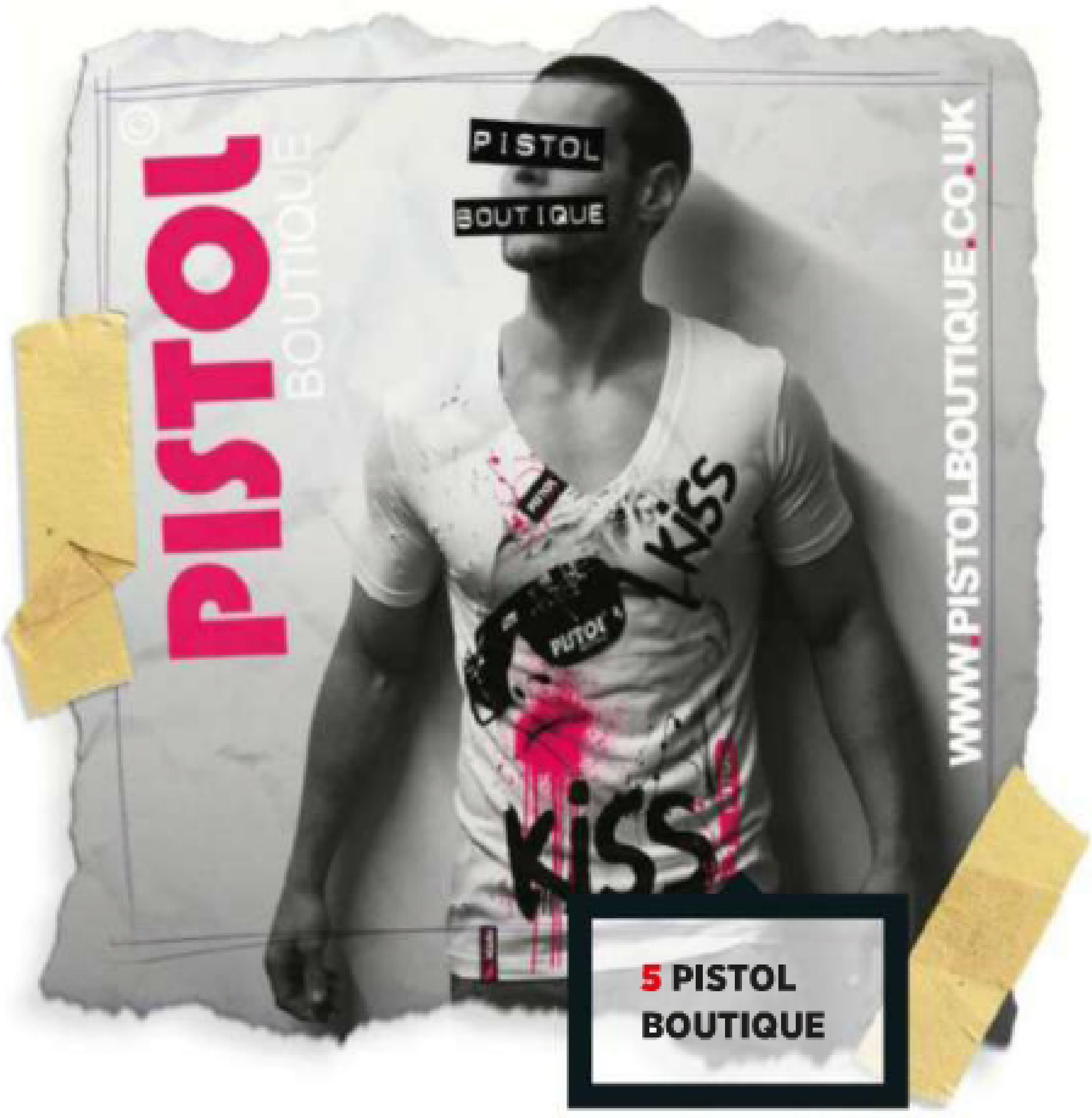
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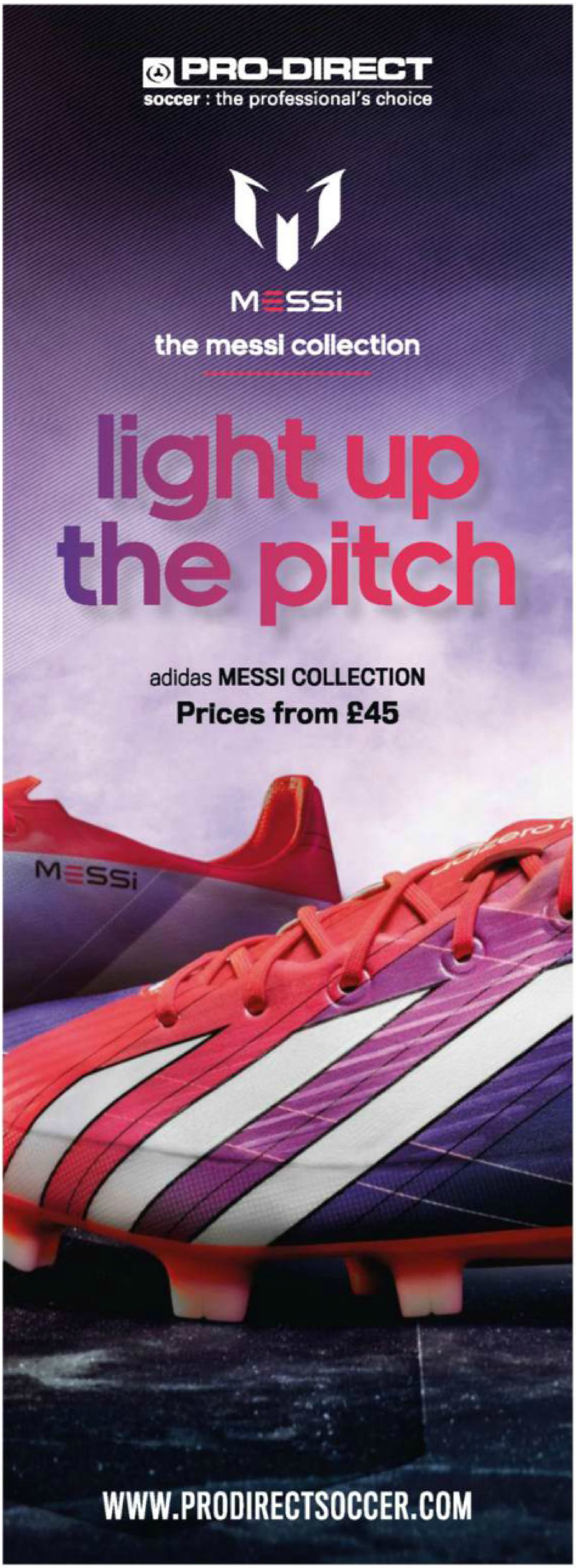
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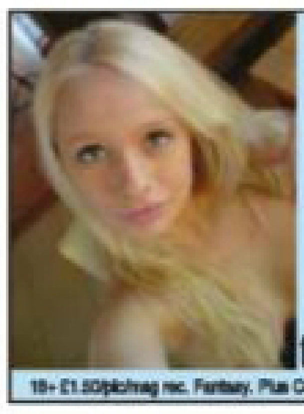
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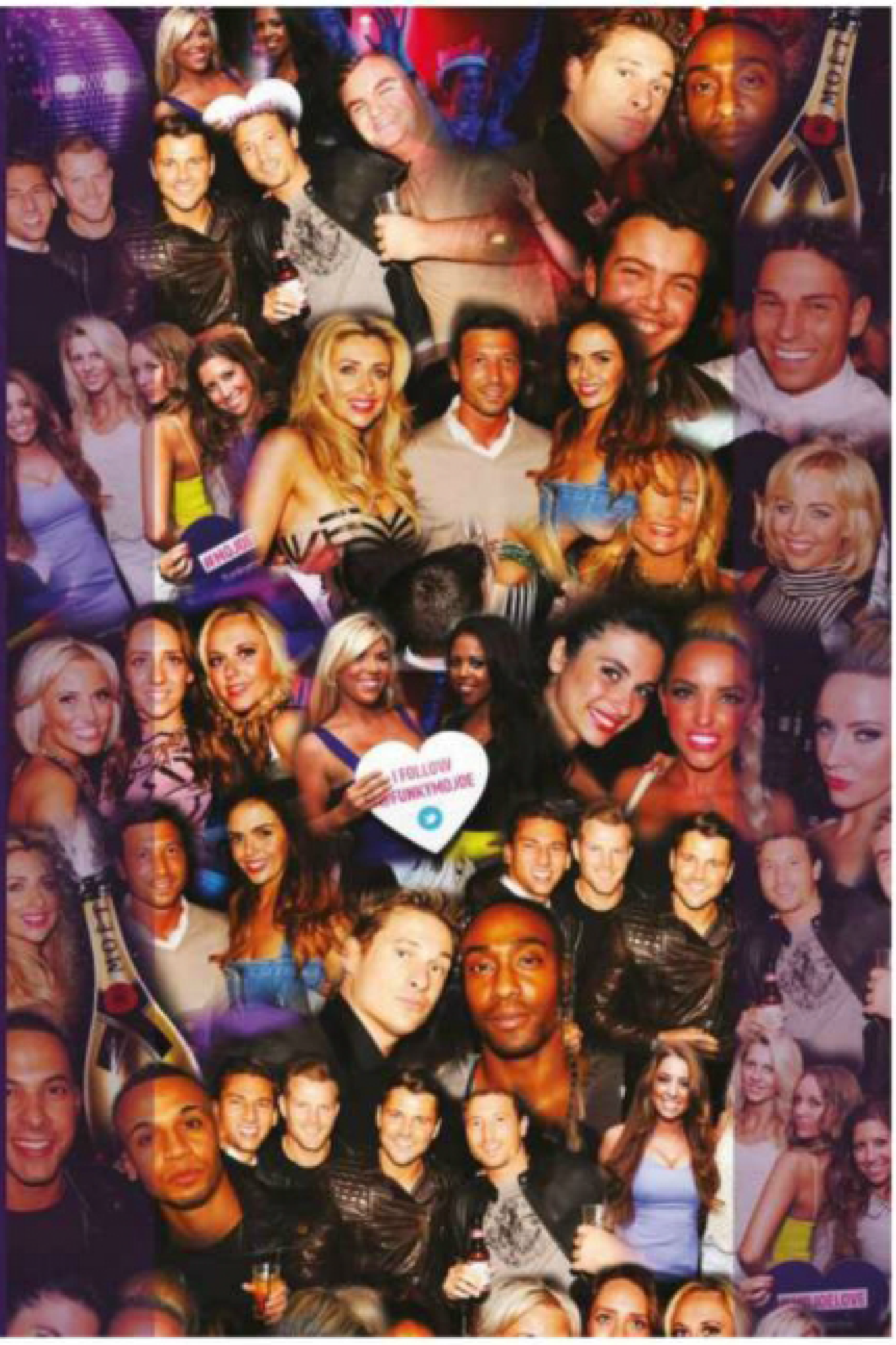
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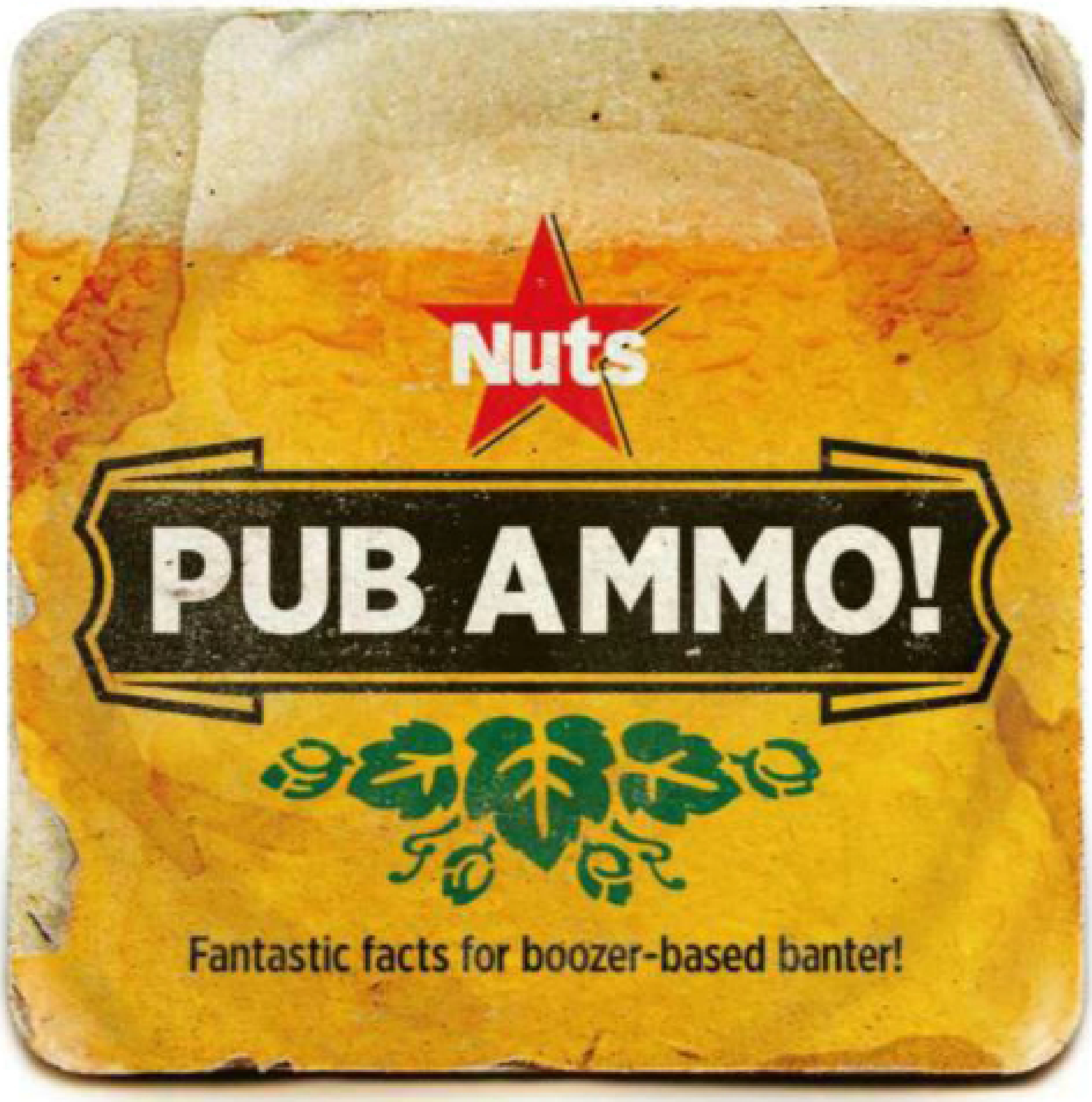
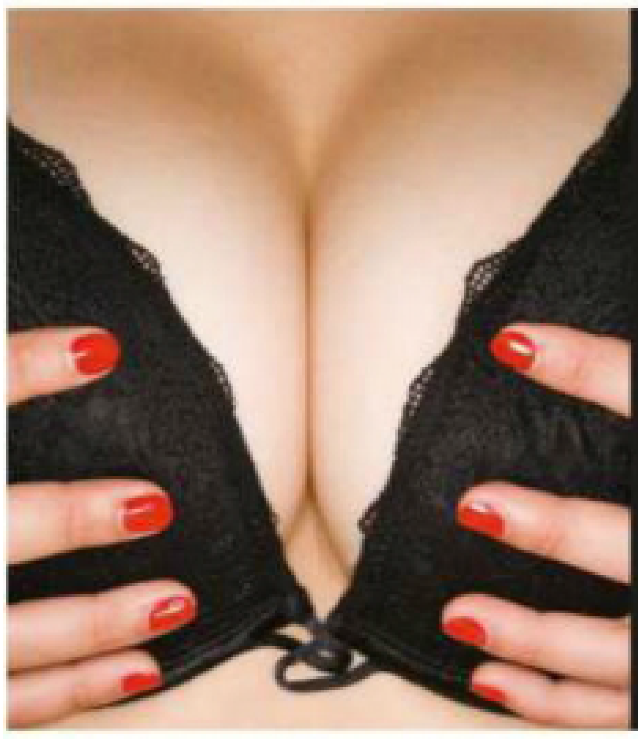
Service provided by LiveLines UK Ltd PO6538 NN2 7YN. Automated Helpline: 0844 871 4497. SMS cost £1.50 each to receive + standard network charges. Picture messages cost £3 per picture. Mobile users may receive free promotional messages, call 0844 871 4497 to opt out of these. Replies to this service may require more than 1 message, text 'stop' to 67111 to stop the service. 0908 145 calls cost 46p per minute + network extras. 0909 466 & 0909 897 calls cost 61p per minute + network extras. Calls recorded. All users must be aged over 18+ and have the bill payers permission. For Entertainment purposes only. LiveLines Ltd PO6538 NN2 7YN. Help 0844 871 4497.



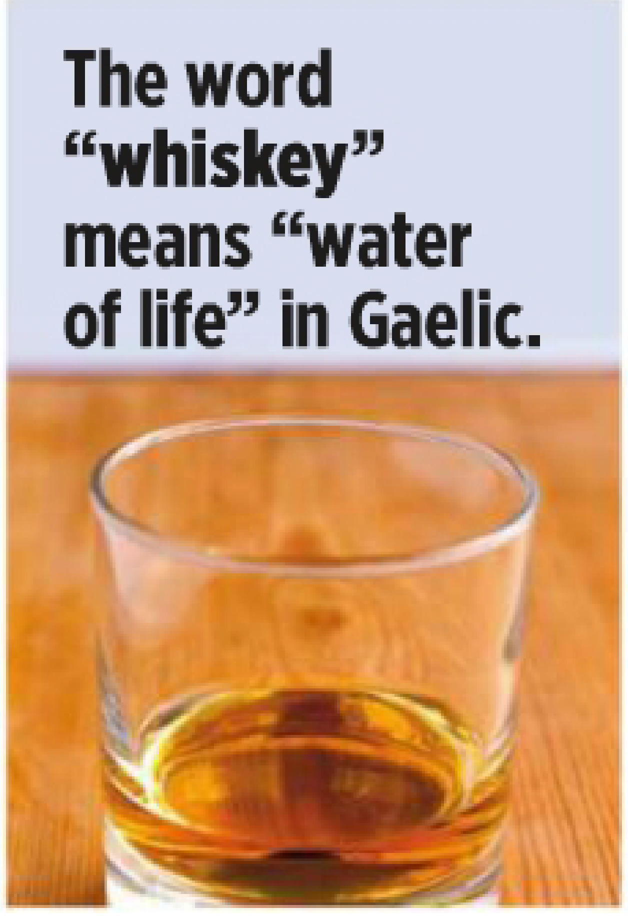
PUB AMMO!

Fantastic facts for boozer-based banter!



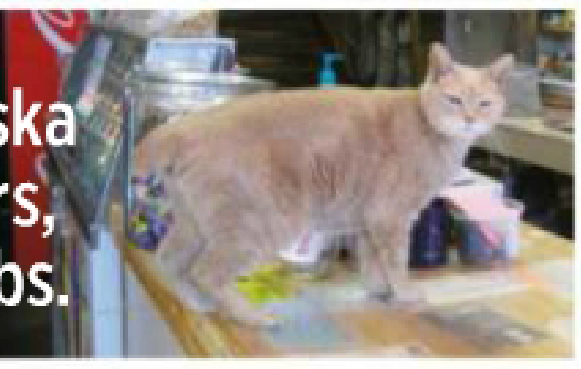
One per cent of women can orgasm from having their **boobs** fondled.

Any **child** born on a plane inside US airspace qualifies as a citizen of the United States.



The word **"whiskey"** means "water of life" in Gaelic.

"All-American" mainstays **baseball**, apple pie and Thanskgiving were actually invented in England.



The mayor of the town of Talkeetna, Alaska has, for the last 15 years, been a **cat** called Stubbs.

In the late '80s arcade game *Michael Jackson's Moonwalker*, the object was for **Jackson** to rescue kidnapped kids.

PHYSICALLY IMPOSSIBLE ENTRY
1,5 m

The word "**oxymoron**", meaning a contradictory word or phrase, is itself an oxymoron, as it's composed of the ancient Greek words "oxy" meaning "sharp" and "moron" meaning "dull".

Bear Grylls' great-great grandfather wrote the first self-help book, entitled *Self-Help*.

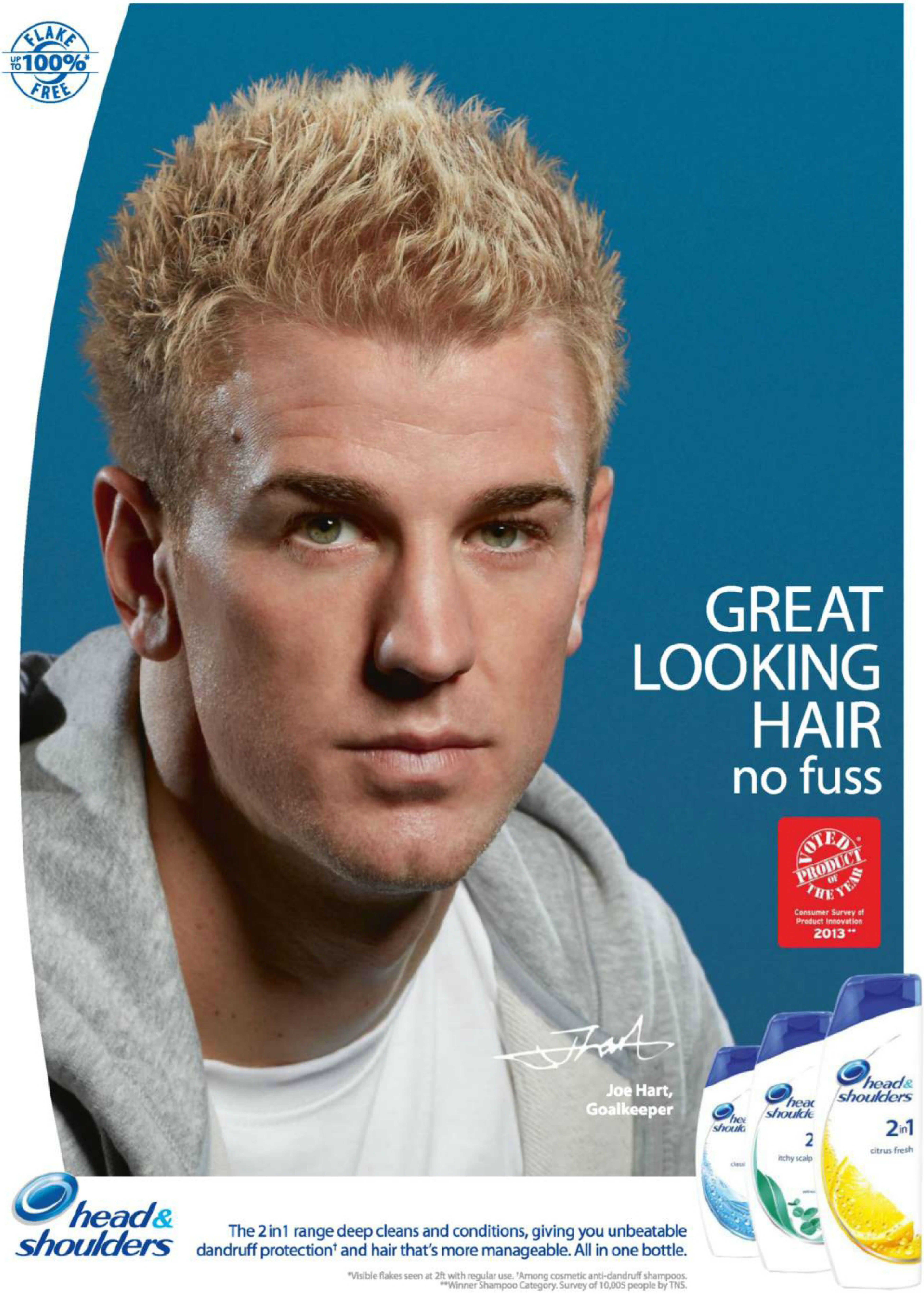
An irrational fear of one's **mother-in-law** is called pentheraphobia.

In 1917, British Admiral Lord Fisher made first recorded use of "OMG" in a letter to **Winston Churchill**.

Pub ammo on... *Dark Skies*

- ***Dark Skies* director Scott Stewart did special effects on some of the best bloke films ever, including *Mars Attacks*, *Jurassic Park II*, *Sin City* and *Die Hard*.**
- The film's aliens are based on the notorious "grays" as supposedly found in Roswell, New Mexico. All the UFO phenomena in the film are also based on events reported by eyewitnesses.
- ***Dark Skies* was originally meant to be a "found footage" film.**
- *Dark Skies* is out on DVD and Blu-ray on 5 August.

WORDS: JOSEPH SCRIMSHIRE, ROXY WATSON, ANDREW TIMLETT
PHOTOS: REX FEATURES, SHUTTERSTOCK



UP TO 100%* FLAKE FREE

GREAT LOOKING HAIR
no fuss

VOTED PRODUCT OF THE YEAR
Consumer Survey of Product Innovation
2013**

Joe Hart,
Goalkeeper

head & shoulders 2in1 citrus fresh

head & shoulders itchy scalp

head & shoulders

The 2in1 range deep cleans and conditions, giving you unbeatable dandruff protection† and hair that's more manageable. All in one bottle.

*Visible flakes seen at 2ft with regular use. †Among cosmetic anti-dandruff shampoos.
**Winner Shampoo Category. Survey of 10,005 people by TNS.